



To minimize wait time, **Pre-order** your meal by calling between:  
 9am – 10:30am for lunch  
 1:00pm - 3:30pm for dinner & tomorrow’s breakfast



Your doctor had ordered you a dysphagia diet which alters the texture to make your food easier to swallow. Guidelines for your prescribed diet follow The International Dysphagia Diet Standardization Initiative (IDDSI).



You can scan a menu QR Code using your Android or Apple devices

# Room Service Menu

## Dysphagia Diet

### BREAKFAST

(available from 6:30am-11:00am)

### LUNCH & DINNER

(available from 11:00am-6:30pm)

To place your order please call  
**3663 (FOOD)**

Welcome to room service.  
 Please limit your order to one (1) entrée per meal.  
 If your physician has prescribed a modified diet for you, some items may not be allowed.  
 We will be happy to help you with your meal choices.

*Family & Visitors are invited to enjoy our Ohana Café located on the Ground Floor.*

# BREAKFAST

(available from 6:30am-11:00am)

## Breakfast Plates

Includes Choice Of White Rice or Brown Rice

**Sunrise Breakfast** Served with *Choice of* Scrambled Eggs, Low Cholesterol Scrambled Eggs, or Hard Boiled Egg and *Choice of* Portuguese Sausage, Spam, Pork Sausage Patties, Pork Links, or Chicken Apple Sausage

**2 Egg Omelet** Served with *Choice of* Egg or Low Cholesterol Eggbeaters *Choice of* Fresh Spinach, Tomato and Mushroom *Choice of* Spam or Portuguese Sausage and *Choice of* Cheddar, Mozzarella, American, or Swiss Cheese

## Cereals

Super Cereal    Cream of Wheat    Cream of Rice    Oatmeal

## Fresh Fruits

\*all fresh fruits selections subject to seasonal availability)

Banana                      Papaya                      Melon Cup

## Canned Fruits

(drained)

Applesauce              Peaches  
Pears                      Stewed Prunes

## Yogurt

Plain              Vanilla              Blueberry              Peach              Strawberry

## Local Favorites (available for all meals)

**Loco Moco** Charbroiled Beef Patty, Scrambled Egg and Brown Gravy Served on a *Choice Of* White or Brown Rice

**Saimin** served with Beef, Scrambled Egg and Kamaboko (broth served separately)



## Beverages

Limit Two (2)

**Hot Coffee:** Regular or Decaffeinated

**Hot Tea:** House Genmai, Yamamoto Green, Lipton, Herbal or Decaffeinated

**Hot Chocolate:** Regular or Sugar-Free

**Juice:** Orange, Grape, Cranberry Cocktail, Apple or Guava

**Cold:** Iced Water, Iced Tea, Crystal Light, V-8®, 1% Milk, Skim Milk, Whole Milk, Chocolate Milk, Almond Milk or Soy Milk

## Condiments

Butter	Jelly (Apple, Mixed Fruit or Grape)
Margarine	Sugar-Free Jelly (Grape, Blackberry or Strawberry)
Mayonnaise	Light Mayonnaise              Peanut Butter
Ketchup	Lemon                                  Cottage Cheese
Shoyu	Low Sodium Shoyu              Sour Cream
Mustard	Relish                                  Cream Cheese
Honey	Syrup (regular and Sugar-Free)    (Plain, Light or Strawberry)

Salt, Pepper, Salt-Free Seasoning, Non-Dairy Creamer, Sugar, Equal, Sweet & Low, Splenda

# LUNCH & DINNER

(available from 11:00am-6:30pm)



**Entrées** Entrée Include *Choice Of* White Rice, Brown Rice, or Mashed Potato. Accompanied with *Choice Of* Hot Vegetable Of The Day, Carrots or Green Beans.

**Beef Pot Roast** served with Brown Gravy

**Hamburger Steak** served with Caramelized Onion and Brown Gravy

**Tofu Stir Fry**

**Grilled Salmon Fillet** served with choice of Sauce

**Chicken Fillet** served with choice of Sauce

**Grilled Mahi Mahi** served with choice of Sauce

**Sauces:** Teriyaki, Marinara, Pesto or Garlic Aioli

## Other Delicious Entrées

**Pasta with Italian Style Meatballs** served with *Choice Of* Marinara or Pesto Sauce and Parmesan Cheese

**Pasta** Served with *Choice Of* Marinara or Pesto Sauce

## Build-A-Protein

*Choice Of* Turkey, Roast Beef, Ham, Tuna, Egg or Chicken Salad Filling  
*Choice of* Charbroiled Beef, Chicken Breast, Garden Burger or Teriyaki Beef Patty  
*Choice of* American or Swiss Cheese



## Lunch & Dinner Sides

Limit Two (2) Lunch & Dinner Sides

### Soups

Soup of the Day	Beef Broth	Miso Soup
Vegetable Broth	Chicken Noodle Soup	Chicken Broth

## Desserts

Limit Two (2) Desserts

**Fresh Fruits** \*all fresh fruits selections subject to seasonal availability  
Banana, Papaya or Melon Cup

**Canned Fruits** (drained): Applesauce, Peaches, Pears, or Stewed Prunes

**Yogurt:** Plain, Vanilla, Blueberry, Strawberry, or Peach

**Ice Cream:** Chocolate Cup, Vanilla Cup or Vanilla Popsicle

**Frozen Treats:** Magic Cup in Vanilla or Orange Sherbet

**Gelatin Dessert:** (regular or Sugar-Free) Lemon, Lime, Orange or Strawberry

**Pudding:** Chocolate or Vanilla

**Sugar Free Pudding:** Chocolate or Vanilla

**Sweets:** Chocolate Chip Cookie, Oatmeal Cookie, Peanut Butter Cookie, or Vanilla Wafers

