

TO PLACE YOUR ORDER, FOLLOW THESE SIMPLE STEPS:

1

PLEASE REVIEW YOUR MENU AND MAKE YOUR SELECTIONS PRIOR TO CALLING.

2

DIAL 22235 ON YOUR HOSPITAL ROOM PHONE BETWEEN 6:30 AM AND 7 PM.

3

BREAKFAST IS SERVED FROM 7 – 10:30 AM.

LUNCH/DINNER IS SERVED FROM 11:30 AM – 7 PM.

CALL APPROXIMATELY 45 MINUTES BEFORE YOU WOULD LIKE YOUR MEAL.

FOR AFTER-HOURS FOOD SERVICE, PLEASE ASK YOUR NURSE FOR ASSISTANCE.



BEVERAGES AND DESSERTS



BEVERAGES

- Coffee
- Decaf Coffee
- Hot Tea
- Decaf Hot Tea
- Herbal Tea
- Green Tea
- Iced Tea
- Non-Fat Milk ☿1
- 1% Milk ☿1
- Whole Milk ☿1
- Lactose-Free Milk ☿1
- Chocolate Milk ☿2
- Vanilla Almond Milk ☿☿1
- Soy Milk ☿☿1
- Plain or vanilla

CLEAR LIQUID OPTIONS

- BROTH**
- Beef
- Chicken
- Vegetable
- BEVERAGES**
- Tea
- Decaf Tea
- Herbal Tea
- Apple Juice ☿1
- Grape Juice ☿1
- Cranberry Juice ☿1
- DESSERTS**
- Gelatin
- Regular ☿1 or sugar-free
- Italian Ice ☿☿1

- Hot Cocoa
- Regular ☿1 or sugar-free ☿1/2
- Lemonade
- Regular ☿2 1/2 or sugar-free ☿1/2
- Bottled Water
- Sparkling Water
- Ginger Ale ☿1 1/2
- Orange Juice ☿1
- Grape Juice ☿1
- Cranberry Juice ☿1
- Apple Juice ☿1
- Prune Juice ☿1

LIQUIDIZED OPTIONS

- STARTERS**
- Blended
- Oatmeal ☿☿1
- Cream of Wheat® ☿☿1
- Cream of Rice® ☿☿1
- Puréed Soup ☿1
- BEVERAGES**
- Orange Juice ☿1
- Apple Juice ☿1
- Grape Juice ☿1
- Cranberry Juice ☿1
- Coffee
- Regular or decaf
- Milk ☿1
- Whole, 1%, non-fat
- DESSERTS**
- Custard ☿1 1/2 / Diet Custard ☿1
- Pudding ☿2 / Diet Pudding ☿1
- Ice Cream ☿1 / Diet Ice Cream ☿0-1

DESSERTS AND FRUITS

- Fresh Baked Cookies ☿2△
- Brownie ☿2△
- Vanilla Wafers ☿1
- Graham Crackers ☿☿1
- Apple Crisp ☿1 1/2
- With whipped topping
- Carrot Cake ☿2△
- Cream cheese frosting
- Pudding
- Vanilla or chocolate with whipped topping
- Regular ☿2 or sugar-free ☿1
- Custard
- Sugar-free ☿1

- Ice Cream
- Assorted flavors available
- Regular ☿1 or sugar-free ☿0-1
- Italian Ice ☿☿1 1/2
- Assorted flavors available
- Peach Yogurt Parfait ☿1 1/2
- Applesauce ☿☿1
- Chilled Peaches ☿☿1
- Chilled Pear Halves ☿☿1
- Fresh Fruit Cup ☿☿1
- Gelatin
- Regular ☿1 or sugar-free

KIDZ CORNER

Delicious

SERVED: 11:30 AM – 7 PM
DIAL 22235
TO PLACE YOUR ORDER
For ages 13 and under

- Chicken Tenders ☿1/2
- PB and J on White Bread ☿2-3
- Macaroni and Cheese ☿2
- Cheese Pizza ☿5
- Penne with Meat Sauce or Alfredo Sauce ☿3 1/2
- Grilled Cheese Sandwich ☿2
- Made with American cheese on white bread

! IMPORTANT

If your doctor has prescribed a consistent carbohydrate diet for you

Carbohydrate-containing foods are indicated by a ☿ symbol. The number next to each ☿ indicates how many carbohydrate servings the food item provides (one serving = 15 grams of carbohydrates). Your call center attendant will assist you when making meal choices to ensure you stay within your prescribed number of carbohydrate servings per meal.

IMPORTANT: When your meal arrives, alert your nurse **BEFORE** you start eating in order to accurately test your blood sugar and adjust your medication as needed.

Special dietary considerations

If your doctor has prescribed a special diet for your health and recovery, some menu items may need to be modified accordingly. Menu items that are high in sodium and/or fat are indicated with a △. Your call center attendant will be able to assist you in making the best menu choices for your dietary needs.

Torrance Memorial Medical Center
3330 Lomita Boulevard, Torrance, CA 90505
TorranceMemorial.org/nutrition

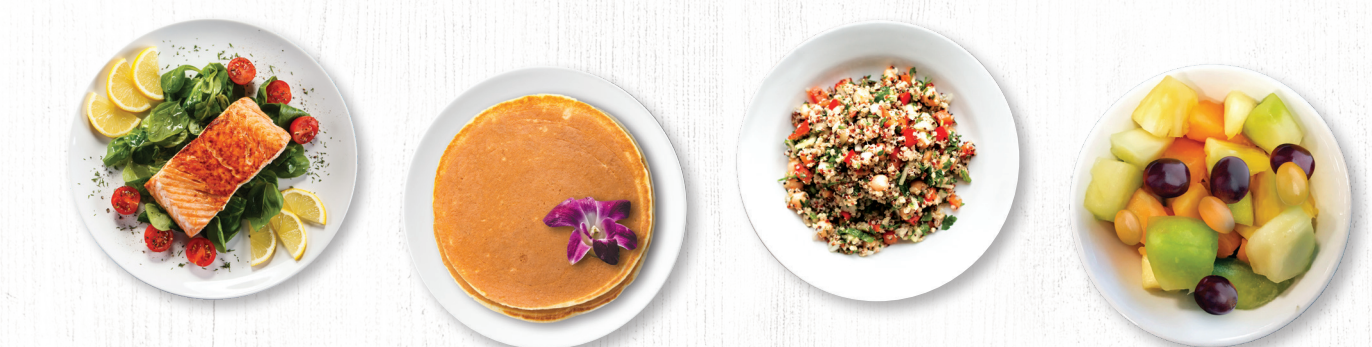
IF YOU HAVE A SPECIAL NUTRITION CONCERN

Please ask your nurse to request a nutrition consultation with a registered dietitian nutritionist.

For patients in Transitional Care Unit

If you have been admitted to the Transitional Care Unit, your meal times will be standardized due to California regulatory guidelines. Your meals will be served at the following times:

- Breakfast – 8 am
- Lunch – 12:30 pm
- Dinner – 6 pm



For our guests

Please visit *Yang Café and Coffee Bar* located on the first floor of the Lundquist Tower adjacent to the main lobby for a variety of fresh and healthy selections. Our café is open daily for visitors and staff from 6 – 8 pm. Guests may also order from our room service menu for an additional charge. Payment will be processed over the phone using a credit card.

To place an order, please call 22235 or 310-517-1211.



Room Service Dining MENU

AT YOUR REQUEST | 7 AM – 7 PM DAILY

WELCOME TO TORRANCE MEMORIAL MEDICAL CENTER!

We want to make your visit as pleasant as possible by providing hotel-style room service specially prepared, fresh to order and delivered to you in approximately 45 minutes. We offer a variety of customizable menu choices with healthy alternatives. Our **Registered Dietitians** and **Executive Chef** have designed our nourishing meals using seasonal and locally sourced products, wild-caught salmon, and antibiotic-free meat and poultry. We hope our healthy, delicious, and sustainable meals help you to heal and rejuvenate while satisfying your taste buds.

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