TO PLACE YOUR ORDER. FOLLOW THESE SIMPLE STEPS:



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



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



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% Milk **8**1

Whole Milk 81 Lactose-Free Milk #1 Chocolate Milk & 2

Vanilla Almond Milk @ \$1 Soy Milk @ &1

Plain or vanilla CLEAR LIQUID

LIQUIDIZED OPTIONS

STARTERS

Cream of Wheat® @ 81

Cream of Rice® @ 81

Puréed Soup §1

Orange Juice §1

Apple Juice 81

Grape Juice **§**1

Coffee

Milk **&1**

Cranberry Juice \$1

BEVERAGES

Blended Oatmeal @ &1

Hot Cocoa

Lemonade

Regular **\$1** or

sugar-free \$1/2

Regular \$21/2 or

sugar-free \$1/2

Bottled Water

Sparkling Water

Ginger Ale \$11/2

Orange Juice **§**1

Grape Juice **\$1**

Apple Juice **§1**

Prune Juice 81

Cranberry Juice &1

BROTH

OPTIONS

Chicken

Vegetable

BEVERAGES Tea

Decaf Tea

Herbal Tea Apple Juice 81

Grape Juice **\$1** Cranberry Juice \$1

DESSERTS

Gelatin Regular **§1** or sugar-free

Italian Ice @ \$1

Whole, 1%, non-fat **DESSERTS**

Regular or decaf

Custard \$11/2 / Diet Custard &1 Pudding 82/ Diet Pudding Ice Cream \$1/

Diet Ice Cream



DESSERTS AND FRUITS

Fresh Baked Cookies 821

Brownie **82** ⚠ Vanilla Wafers &1

Graham Crackers @ \$1 Apple Crisp \$11/2

With whipped topping Carrot Cake \$21 Cream cheese frosting

Puddina

Vanilla or chocolate with whipped topping Regular **&2** or sugar-free **§1**

Custard Sugar-free **§1**

Assorted flavors available Regular **&1** or sugar-free & 0-1

Italian Ice @ & 11/2

Applesauce @ \u00e81

Chilled Peaches @ \$1 Chilled Pear Halves @ \$1

Fresh Fruit Cup @ 81 Gelatin

Regular **§1** or sugar-free

Ice Cream

Assorted flavors available

Peach Yogurt Parfait \$\&\frac{41}{2}\$

KIDZ CORNER

SERVED: 11:30 AM - 7 PM

TO PLACE YOUR ORDER

PB and J on White Bread \$2-3

For ages 13 and under

Macaroni and Cheese & 2

Penne with Meat Sauce

or Alfredo Sauce & 31/2

cheese on white bread

Grilled Cheese Sandwich & 2

Chicken Tenders \$1/2

Cheese Pizza \$5

DIAL 22235

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 \triangle . 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**

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 quests

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.





Food and **Nutrition Services**

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.







SERVED: 7 - 10:30 AM **DIAL 22235** TO PLACE YOUR ORDER

BREAKFAST SPECIALTIES

Garden Tofu Scramble @ @ \$1/2 Seasoned tofu scrambled with sautéed onions, peppers, mushrooms, and vegan cheeze

Crustless Vegetable Quiche Delicious mix of vegetables and eggs; fresh salsa available

Breakfast Burrito @ \$2-3 1

upon request

Warm flour tortilla filled with scrambled eggs and cheddar cheese. Salsa available upon request (vegan options available, customizations not available for this item)

French Toast 83 - Surup 82 or sugar-free surup available upon request

Pancakes \$41 - Syrup \$2 or sugar-free syrup available upon request

Waffles **84** △ – Syrup **82** or sugar-free syrup available upon request

EGGS COOKED YOUR WAY!

One or two eggs (or egg whites) cooked to order, any style; ketchup or salsa available upon request

CREATE YOUR OWN OMELET OR SCRAMBLE

Start with one or two eggs (or eag whites) and customize with the following fillings:

Cheese 1

Swiss, cheddar, jack, part-skim mozzarella

Meats \triangle

Bacon, Canadian bacon, sausage (pork, turkey, vegetarian)

Vegetables

Onions, bell peppers, mushrooms black olives, spinach, tomatoes, salsa, breakfast potatoes \$1/2

BREAKFAST SIDES

Crispy Bacon 🕹 Sausage Links A Canadian Bacon 1

Low-Fat Cottage Cheese Country Style

Breakfast Potatoes @ \$1 Sautéed with onions and peppers

Corn \$1 or Flour Tortilla \$2

FRUITS

Fresh Fruit Cup &1 Banana \$1-2

Orange **&1**

Apple Wedges \$1-2 Pineapple &1

Soft Fruit Cup & Pears or peaches

Grapes **§1** Applesauce **§**1

CEREALS

Oatmeal @ &

Cream of Wheat® or Rice® @ &1 Served with brown sugar **§1** and/or raisins **&1** upon request

Cheerios® &1 Honey Nut Cheerios® \$11/2 Corn Flakes® \$1

Special K® &1 Rice Krispies® \$1

Raisin Bran® **82**

Granola with Raisins 83

YOGURT

May add granola upon request \$1/2

Low-Fat Yogurt \$1 Assorted flavors available

Non-Fat Yogurt **\$1** Assorted flavors available

Greek Yogurt &1 Assorted flavors available

FROM THE BAKERY

Muffin of the Day \$2-31/2 Ask for today's muffin choice

Choice of wheat, white, sourdough, raisin, rye, gluten-free

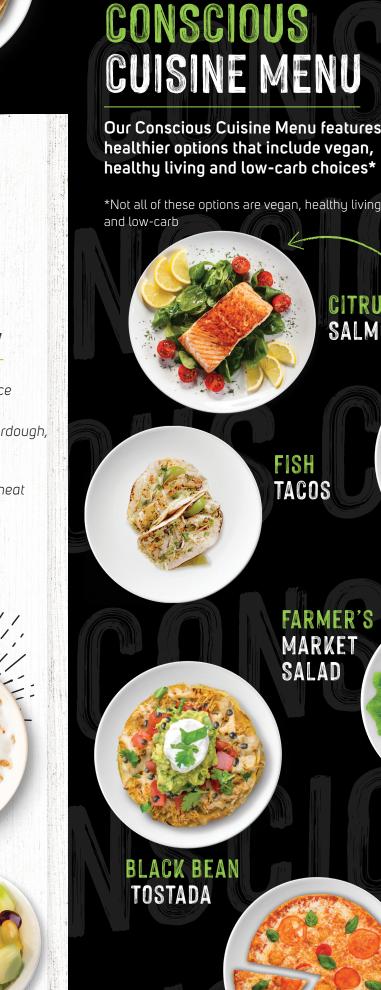
Toasted English Muffin \$2 Choice of white or whole wheat

Bagel **\$2-5**

Please specify toasted or untoasted, half or whole. Ask for today's assortment

upon request





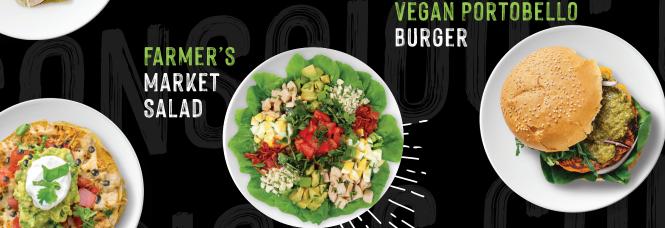
CONSCIOUS TOFU TERIYAK STIR FRY CUISINE MENU SOUTHWEST Our Conscious Cuisine Menu features healthier options that include vegan,







VEGAN QUESADILLA



BLACK BEAN

CAULIFLOWER

CRUST PIZZA

TOSTADA MARGHERITA

FISH

TACOS

RAINBOW **VEGETABLE** QUINOA SAUTÉ

LUNCH AND DINNER

SERVED: 11:30 AM - 7 PM

DIAL 22235 TO PLACE YOUR ORDER

Vegetable Soup @

ouse Garden Salad 🛭

SALADS AND WRAPS

Farmer's Market Salad &

Julienned turkey, chicken,

mozzarella, cucumbers, hard-

MAIN ENTRÉE FARE

Oven-roasted turkey in natural

Tender chicken breast with

Penne and Pasta Sauce **82**

Choice of meat sauce, marinara

sauce, or Alfredo sauce, Grilled

chicken added upon request

Sautéed wild-caught salmon

marinated in honey, Dijon, thyme,

Honey Glazed Salmon 🔊

and lemon

SIDES

vegetable blend

cheese-infused coating

Parmesan Crusted Chicken Breast

STARTERS

MAIN ENTRÉE

choice of dressing

Choose one side

Roast Turkey Breast 🛆

Soup of the Day &1 Homemade Chicken Soup &1

Seasonal Fruit Plate \$2-3 Seasonal fruits with your choice of

cottage cheese, tuna salad, chicken

salad, or egg salad Parmesan Chicken Wrap \$2-3 Diced chicken mixed with lettuce, boiled egg, and cherry tomatoes on tomatoes, olives, red pepper, and parmesan, tossed in a yogurt a bed of greens, tossed with your dressing, wrapped in a flour tortilla

Citrus Poached Salmon Salad Southwest Quinoa Salad @@ \$3 Poached salmon on a bed of spring Quinoa tossed with tomatoes. mix, pickled cucumber, cherry onions, corn, black beans, cilantro, tomatoes, and asparagus spears, and cumin lime dressing, on a bed garnished with a lemon wedge and of lettuce and garnished with sliced avocado and baked tortilla strips. Chicken or fish added upon request cucumber dressing on the side

dill spria. Served with upgurt dill

Southwestern Flank Steak Grilled steak with a mesquite barbecue seasoning

Vegan Portobello Burger @ \&2 Marinated and grilled Portobello mushroom topped uices; gravy available upon request with a homemade vegan cilantro-lime aioli

Black Bean Tostada @ @ \&2 Black beans, Spanish rice, lettuce, and fresh salsa on a corn tortilla. Sour cream or quacamole available upon request

Fish Tacos Ø \$2-4 Grilled white fish on corn tortillas served with tropical fruit slaw and cilantro lime mayonnaise

added upon request CHEF'S SPECIAL 👄

Cottage Cheese and Fruit Cup \$1

Mediterranean Hummus Wrap \$2-3

Seasonal vegetables, lettuce, and

hummus wrapped in a flour tortilla

SALAD DRESSING OPTIONS

Balsamic vinaiarette 🕖

Lite Italian (

Ranch A

Blue cheese 1

Thousand Island 🗘

Mustard vinaiarette 🥝

Oil and balsamic vinegar @

Chicken or Tofu Teriyaki

Margherita Cauliflower

and fresh basil leaves.

Rainbow Vegetable

Quinoa Sauté 🔊 🗷 🕸 2

Quinoa sautéed with fresh

Fresh vegetables and your choice

of chicken or tofu stir-fried in a light

Three slices of pizza with a crispy

cauliflower crust, grated mozzarella

vegetables. Cheese or vegan cheeze

Ask for today's entrée specia

Stir Fry 20 81

teriyaki sauce

Crust Pizza **§3**

Oil and vinegar @

Seasonal Vegetables à la Carte Choice of: steamed broccoli carrots, corn, green beans, peas, asparagus or a sautéed

Mashed Potatoes 🕸 1 Gravy available upon request

Baked Potato **82** Sour cream and chives available

Oven-Roasted Potatoes &1 Steamed Rice **\$1** White or brown

Vegetarian Refried Beans **§1** Macaroni and Cheese **\$1.5**

Dinner Roll &1 White or wheat **Tortillas**

Corn **\$1** or flour **\$2** Saltine Crackers **\$1**

Low sodium available upon request Baked Potato Chips \$11/2 1 SunChips® **82** ⚠

CREATE YOUR OWN DELI SANDWICH

Ham 🗘

Roast beef

Tuna salad

Egg salad

Cheddar A

Provolone 1

Vegan cheeze 4

Swiss

Peanut butter

and jelly/jam \$1/2

Sugar-free jelly/jam

American cheese \triangle

FILLINGS Turkey

Rye

Chicken salad

Hummus

Lettuce

Cucumbe

Onion Pickles 4

Sandwiches served with uour choice of condiments

THE GRILL

All arilled items mau be served with your choice of lettuce. tomato, onion, pickles and condiments

Garden Burger *© ©* **84**

On a white or wheat bun Available with cheese*

Turkey Burger 82 Hamburger **82**△

Smashed Avocado Vegan Quesadilla *© Ø* **2-3**

Mashed avocado, vegar cheeze. Served with refried beans on the side **Grilled Chicken**

Sandwich 82 On a white or wheat bun. Substitute / Honey &1 Available with cheese* **Grilled Cheese**

Sandwich **82** △ On white or wheat bread

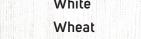
*Choice of cheese: American, Swiss,



Carbohydrate Servings







White

Sourdough

BREADS & 2-3

Gluten-free bread

EXTRAS

Avocado

Spinach

Tomato

Cheese Quesadilla 參2-3△ Available with chicken

upon request Chicken Tenders \$2

CONDIMENTS

Butter \Lambda / Margarine \Lambda

/ Salt \Lambda / Pepper / Spice Packet (Salt-free) / Mayonnaise 🛆 Regular or lite / Mustard / Ketchup / BBQ Sauce / Salsa / TABASCO® / A.1. Sauce / Lite Sou Sauce / Sour Cream A Regular or lite / Cream Cheese A Regular or lite / Peanut Butter / Jam or Jelly **\$1/2** Regular or sugar-free / Syrup &2 / Diet Syrup / Sugar <u>\$1/Sugar</u>

/ Non-Dairy Creamer / Lemon Wedge / Vegan Mayonnaise

cheddar, vegan cheeze



