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 8 1% Milk **8**1 Whole Milk 81

Lactose-Free Milk \$1

Vanilla Almond Milk @ \$1

Chocolate Milk & 2

Soy Milk @ &1

Plain or vanilla

OPTIONS

BROTH

Chicken

Tea

Vegetable

Decaf Tea

Herbal Tea

Gelatin

Apple Juice 81

Grape Juice **§1**

BEVERAGES

CLEAR LIQUID

Hot Cocoa Regular **§1** or sugar-free \$1/2 Lemonade Regular \$21/2 or

Ginger Ale & 11/2

Orange Juice **§**1

Cranberry Juice &1

Grape Juice **\$1**

Apple Juice **§1**

Prune Juice \$11/2

Graham Crackers @ \$1 sugar-free \$1/2 Apple Crisp \$11/2 **Bottled Water** With whipped topping Sparkling Water

Carrot Cake #21 Cream cheese frosting

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

Custard Sugar-free \$1

Fresh Baked

Cookies 821

Brownie **82** ⚠

Vanilla Wafers &1

DESSERTS AND FRUITS

Ice Cream Assorted flavors available Regular **\$1** or sugar-free 🕸 1

> Italian Ice @ & 11/2 Assorted flavors available

Peach Yogurt Parfait \$\&\frac{41}{2}\$ Applesauce @ \u00e81 Chilled Peaches @ \$1 Chilled Pear Halves @ \$1

Fresh Fruit Cup @ 81 Gelatin

Regular **§1** or sugar-free

LIQUIDIZED OPTIONS

STARTERS Blended

Oatmeal @ &1

Cream of Wheat® @ \$1 Cream of Rice® @ 81

Puréed Soup §1 **BEVERAGES**

Orange Juice 81 Apple Juice 81

Grape Juice **§**1

Cranberry Juice \$1 Cranberry Juice 8 Coffee DESSERTS

Regular or decaf Milk &1

Regular **§1** or sugar-free Whole, 1%, non-fat Italian Ice @ 81

Custard & 11/2/ Diet Custard &

Pudding 82/ Diet Pudding Ice Cream \$1/ Diet Ice Cream

KIDZ CORNER



SERVED: 11:30 AM - 7 PM DIAL 22235 TO PLACE YOUR ORDER

For ages 13 and under Chicken Tenders \$1/2 \(\Delta \)

PB and J on White Bread \$2-3

Macaroni and Cheese & 2

Cheese Pizza \$5

Penne with Meat Sauce or Alfredo Sauce & 31/2

Grilled Cheese Sandwich & 2 cheese on white bread



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 dietaru 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 Ø 82-3 △

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 \$3 - Surup \$2 or sugar-free surup available upon request

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

Waffles **§4** \triangle – Syrup **§2** 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 egg whites) and customize with the following fillings:

Cheese 1

Swiss, cheddar, jack, part-skim mozzarella

Meats 1

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

Vegetables

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

BREAKFAST SIDES

Crispy Bacon 4 Sausage Links 1 Canadian Bacon 4

Low-Fat Cottage Cheese Country Style

Breakfast Potatoes @ \$1 Sautéed with onions and peppers

Corn \$1 or Flour Tortilla \$2

FRUITS

Fresh Fruit Cup & Banana &1-2

Orange **&1**

Apple Wedges \$1-2 Pineapple &1

Soft Fruit Cup 8 Pears or peaches

Grapes **§1** Applesauce **§**1

CEREALS

Oatmeal @ 8

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 \$3

YOGURT

May add granola upon request \$1/2

Low-Fat Yogurt &1 Assorted flavors available

Non-Fat Yogurt 81 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 82 Choice of white or whole wheat

Bagel **\$2-5**

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





LUNCH AND DINNER

SERVED: 11:30 AM - 7 PM

DIAL 22235 TO PLACE YOUR ORDER

STARTERS

MAIN ENTRÉE

SALADS AND WRAPS

mozzarella, cucumbers, hard-

of dressing served on the side.

Avocado added upon request

a bed of greens with your choice

Farmer's Market Salad &

Julienned turkey, chicken,

ouse Garden Salad 🥏

Vegetable Soup @ Soup of the Day \$1

Homemade Chicken Soup &1

cottage cheese, tuna salad, chicken hummus wrapped in a flour tortilla salad, or egg salad Parmesan Chicken Wrap \$2-3 Diced chicken mixed with lettuce, tomatoes, olives, red pepper, and parmesan, tossed in a yogurt

Southwest Quinoa Salad @ @ \$3 Quinoa tossed with tomatoes, onions, corn, black beans, cilantro, red bell pepper, and cumin lime dressing, on a bed of lettuce and garnished with sliced avocado and baked tortilla strips. Chicken or fish added upon request

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

dressing, wrapped in a flour tortilla

boiled egg, and cherry tomatoes on

Citrus Poached Salmon Salad 6 Chilled poached salmon on a bed of spring mix, pickled cucumber, cherry tomatoes, and asparagus spears, garnished with a lemon wedge and dill sprig. Served with yogurt dill cucumber dressing on

Mediterranean Hummus Wrap \$2-3 Seasonal vegetables, lettuce, and

Cottage Cheese and Fruit Cup \$1

SALAD DRESSING OPTIONS

Balsamic vinaiarette Lite Italian (

Blue cheese 🗘 Thousand Island 4

Oil and vineaar @ Ranch A

> Mustard vinaigrette Oil and balsamic vineaar 🕖

MAIN ENTRÉE FARE

Choose one side

SIDES

Roast Turkey Breast 🗥 Oven-roasted turkey in natural uices; gravy available upon request

Parmesan Crusted Chicken Breast Tender chicken breast with cheese-infused coating

Penne and Pasta Sauce 🕸 2 Choice of meat sauce, marinara sauce, or Alfredo sauce. Grilled chicken added upon request

Honey Glazed Salmon 🔊 Sautéed wild-caught salmon marinated in honey, Dijon, thyme, and lemon

Southwestern Flank Steak Grilled steak with a mesauite barbecue seasoning

Vegan Portobello Burger 🖉 🖇 2 Marinated and grilled Portobello mushroom topped 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 ∅ **\$2-4** Grilled white fish on corn tortillas served with tropical fruit slaw and cilantro lime mayonnaise

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**

Fresh vegetables and your choice of chicken or tofu stir-fried in a light teriyaki sauce

Chicken or Tofu Teriyaki

Stir Fru @@\$1

Margherita Cauliflower Crust Pizza **83** Three slices of pizza with a crispy

cauliflower crust, grated mozzarella and fresh basil leaves. Rainbow Vegetable

Quinoa Sauté 🔊 🗸 🕸 2 Quinoa sautéed with fresh vegetables. Cheese or vegan cheeze added upon request

CHEF'S SPECIAL

Ask for todau's entrée special

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 On white or wheat bread SunChips® **82** ⚠

CREATE YOUR OWN DELI SANDWICH

FILLINGS BREADS & 2-3

Turkey

Ham 🗘

Roast beef

Tuna salad

Egg salad

Cheddar 1

Provolone 1

Vegan cheeze /

Swiss

Chicken salad

Peanut butter

and jelly/jam 🕸 1/2

Sugar-free jelly/jam

American cheese \triangle

Wheat

Sourdough Rye

White

Gluten-free bread

EXTRAS

Hummus

Avocado Lettuce

Spinach

Cucumbe Tomato

Cheese Quesadilla

Available with chicken

Onion Pickles 4

參2-3△

Sandwiches served with uour choice of condiments

THE GRILL

Garden Burger

Available with cheese*

Turkey Burger \$2

Hamburger **82**△

Smashed Avocado

Vegan Quesadilla

cheeze. Served with

refried beans on the side

© Ø **2-3**

© © **84**

upon request All arilled items mau Chicken Tenders **82** △ be served with your choice of lettuce. CONDIMENTS tomato, onion, pickles and condiments

Butter \Lambda / Margarine \Lambda

/ Salt A / Pepper / Spice Packet (Salt-free) On a white or wheat bun / 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 Mashed avocado, vegan / Peanut Butter / Jam or Jelly **\$1/2** Regular or sugar-free / Syrup &2 / Diet Syrup / Sugar <u>\$1/Sugar</u>

Grilled Chicken Sandwich 82 On a white or wheat bun. Substitute / Honey &1 Available with cheese* / Non-Dairy Creamer

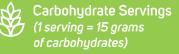
Grilled Cheese Sandwich **82** △

*Choice of cheese: American, Swiss, cheddar, vegan cheeze

/ Lemon Wedge

/ Vegan Mayonnaise





Seasonal Vegetables à la Carte

Choice of: steamed broccoli

carrots, corn, green beans,

vegetable blend

Mashed Potatoes 🕸 1

peas, asparagus or a sautéed

Gravy available upon request



