

**To Place Your Request**  
Please dial 1010. From outside the hospital,  
please dial 305.666.6511 ext. 1010

## Condiments

|              |                  |                      |
|--------------|------------------|----------------------|
| Salt         | Cinnamon         | Hot Sauce            |
| Pepper       | Jelly            | BBQ Sauce            |
| Mrs. Dash    | Peanut Butter    | Honey Mustard        |
| Sugar        | Nutella          | Parmesan Cheese      |
| Stevia       | Syrup            | Italian Dressing     |
| Brown Sugar  | Sugar-Free Syrup | French Dressing      |
| Honey        | Lemon            | Oil & Vinegar        |
| Butter       | Ketchup          | Ranch Dressing       |
| Margarine    | Mustard          | 1000 Island Dressing |
| Sour Cream   | Mayonnaise       | Blue Cheese Dressing |
| Cream Cheese |                  |                      |

## Dietary Restrictions

Some foods may not be appropriate based on your diet prescription.

## Guest Trays

Guest Trays are available for purchase.

Breakfast: \$7.00 plus taxes  
Lunch or Dinner: \$9.00 plus taxes

Meals can be ordered utilizing the GETwell application located on the hospital television or by calling ext. 1010 from the hospital room phone. Purchased meals will be delivered to your child's room.

For your convenience, dining options are also offered in all food establishment throughout our hospital. Only credit cards are accepted.

## GET® App

You can now order food and drinks for delivery to a child's room from our campus Golden Cub Café! To view the menu, download the GET® app or visit the GET® website [get.cbord.com/nicklauschildrens](http://get.cbord.com/nicklauschildrens)



*Please note: Food items are for non-patients only and should not be given to patients without clearance from clinical staff, due to possible dietary restrictions.*

# PEDIATRIC MENU



Find 10 objects in the picture.



## How does your plate look?



Check out our social media pages for recipes and other helpful tips!

@Nicklaus4kids @Nicklaus4kids @NicklausChildrensHospital @Nicklaus4kids



Where Your Child Matters Most

16082DIEL-RDP112023



Where Your Child Matters Most

# Room Service Menu





## Breakfast

### BUILD YOUR PLATE YOUR WAY:

- Scrambled Eggs\* (egg white available)
- Omelet (peppers, tomatoes, mushrooms, spinach, ham, cheese)
- Bacon\*
- Turkey Patties\*
- Ham\*
- JUST Egg (Vegan egg option)

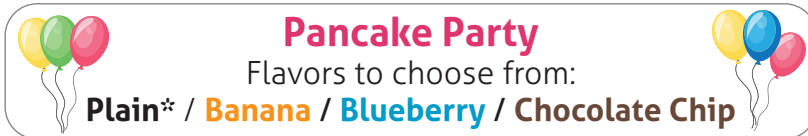
### FRUITS

- |              |              |                    |
|--------------|--------------|--------------------|
| Apple Slices | Grapes       | Pears              |
| Banana       | Peaches      | Seasonal Fruit Cup |
| Pineapple    | Melon        | Mandarin           |
| Apple Juice* | Orange Juice | Cranberry Juice    |
| Grape Juice  | Prune Juice  | Applesauce         |

### GRAINS/STARCHES

- |                   |                                 |                     |
|-------------------|---------------------------------|---------------------|
| Blueberry Muffin* | English Muffin                  | Honey Nut Cheerios  |
| Corn Flakes       | Cheerios                        | Raisin Bran         |
| Rice Krispies     | Oatmeal                         | Grits (with cheese) |
| Raisin Toast      | White Toast*                    | Wheat Toast*        |
| Cuban Toast       | Waffles (whole grain available) |                     |
| Mini Bagel        | Hash-brown patty                |                     |

*White, Wheat and Gluten-free Bread and Pancakes Available*



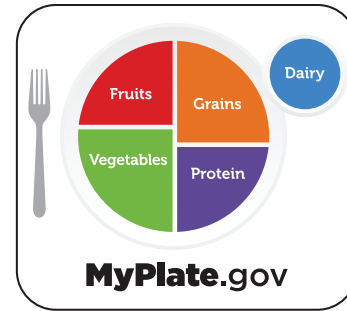
### DAIRY

- |                      |                                   |
|----------------------|-----------------------------------|
| Milk Whole, 1%, Skim | Soy Milk (vanilla / chocolate)    |
| Chocolate Milk       | Almond Milk (vanilla / chocolate) |
| Lactaid Milk         | Yogurt (assorted varieties)       |
| Cheddar Cheese       | Cottage Cheese                    |
|                      | String Cheese                     |

**Items marked with \* available all day**



## Lunch and Dinner



Build your plate with items from each food group for balanced, healthy meals to promote healing!

### DAILY ENTRÉE SPECIALS

- Monday: Caribbean Seasoned Picadillo
- Tuesday: Rice Bowl (white/brown rice, black beans, corn and Pico de Gallo) (pork and vegetarian available)
- Wednesday: Meatloaf with Gravy
- Thursday: Beef Sliders
- Friday: Pizza (cheese / pepperoni / veggie)

### EVERYDAY ENTRÉE

- |                                 |                                 |
|---------------------------------|---------------------------------|
| Herb Seared Salmon              | Grilled Chicken Breast          |
| Chicken Caesar Salad            | Baked Chicken Tenders           |
| Hot Dog                         | Cheese Flatbread                |
| Hamburger                       | Chicken or Cheese Quesadilla    |
| Cheese Burger                   | Baked Chicken Thigh             |
| Veggie Burger                   | Chicken Sandwich on Bun         |
| Ham Sandwich                    | Peanut Butter and Jelly         |
| Ham and Cheese Sandwich         | Peanut Butter and Diet Jelly    |
| Tuna Salad Sandwich             | Turkey Sandwich                 |
| Veggie Sandwich                 | Turkey and Cheese Sandwich      |
| Grilled Cheese                  | Grilled Ham and Cheese          |
| Spaghetti w/ Homemade Meatballs | Spaghetti with Marinara Sauce   |
| Penne Chicken Alfredo           | Spaghetti Marinara with Chicken |
| Penne Alfredo                   |                                 |

*White, Wheat and Gluten-free Bread and Pasta Available*



## Lunch and Dinner

### HOMEMADE SOUPS

- |                  |               |
|------------------|---------------|
| Chicken Noodle   | Lentil        |
| Caribbean Squash | Chicken Broth |
| Vegetable Broth  |               |

### VEGETABLES

- |                      |                                  |
|----------------------|----------------------------------|
| Steamed Broccoli     | Garden Salad                     |
| Green Bean Strings   | Spinach Salad                    |
| Peas and Carrots     | Sliced Tomatoes                  |
| Honey Glazed Carrots | Celery/Carrots Sticks and Hummus |
| Mashed Cauliflower   |                                  |

### GRAINS / STARCHES

- |                                   |                       |
|-----------------------------------|-----------------------|
| Brown/White Rice                  | Black Beans           |
| Mashed Potatoes (gravy available) | Mashed Sweet Potatoes |
| Macaroni and Cheese               | Baked French Fries    |
| Whole Kernel Corn                 | Corn Muffin           |
| Sweet Potato Fries                |                       |

### SWEETS

- |  |                               |
|--|-------------------------------|
| Gluten-free Chocolate Cupcake                | Jell-O (sugar-free available) |
| House Baked Cookies                          | Pudding (vanilla / chocolate) |
| Flan   | Italian Ice (lemon / orange)  |
| Ice Cream (vanilla / chocolate / strawberry) |                               |

