

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

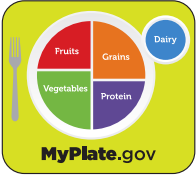


Please note: Food items are for non-patients only and should not be given to patients without clearance from clinical staff, due to possible dietary restrictions.

PEDIATRIC MENU



#GiveMe5



Pledge to eat
five servings of
fruits and vegetables
each day.



Eat at least 5 fruits and vegetables every day!

Have fruit with breakfast

Fill 1/2 of each plate with fruits and vegetables

Make a veggie a snack

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

@Nicklaus4kids @Nicklaus4kids @NicklausChildrensHospital @Nicklaus4kids



Nicklaus Children's Hospital

Room Service Menu



Nicklaus Children's Hospital

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*

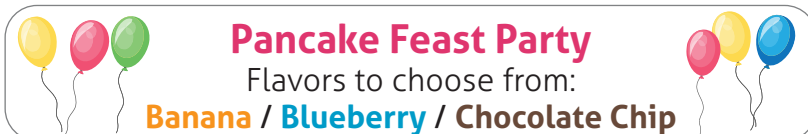
Cuban Toast

Waffles (whole grain available)

Mini Bagel

Hash-brown patty

Pancakes (plain)* (whole grain available)



DAIRY

Milk Whole, 1%, Skim

Soy Milk (vanilla / chocolate)

Low-Fat Chocolate

Almond Milk (vanilla / chocolate)

Lactaid Milk

Yogurt (assorted varieties)

Cheddar Cheese

Cottage Cheese

String Cheese

Items marked with *
available all day



Lunch and Dinner

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)

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

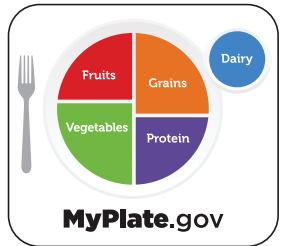


Lunch and Dinner

BUILD YOUR PLATE YOUR WAY:

Everyday Entrées

Complete your meal with
fruits and vegetables



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

PROTEIN

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 and Meatballs

Spaghetti with Marinara Sauce

Penne Chicken Alfredo

Spaghetti Marinara with Chicken

Penne Alfredo

White, Wheat and Gluten-free Bread and Pasta Available

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)

