

2	NBC	35	CNBC
3	The Weather Channel	36	A&E
4	POP - TV Guide	37	VH1
5	FOX	38	SyFy
6	MyTV	39	CMT
8	Local Advertising	40	HISTORY
9	PBS	41	Comedy Central
10	CBS	42	MTV
11	ABC	43	Hallmark Channel
12	CW	45	Travel Channel
13	Local Education	47	msnbc
14	Eagle Community TV	48	FX
15	Eagle Info/ Storm Team 12	49	FXM
		50	FOX News
16	HSN	51	HGTV
17	FHSU Channel	52	CNN
18	QVC	53	HLN
19	C-SPAN	54	TV Land
20	EWTN	55	Disney
22	HaysMed CARE Channel	56	Disney XD
23	FOX Sports Midwest/KC	57	TLC
24	SpikeTV	58	Animal Planet
25	ESPN	59	Cartoon Network
26	ESPN2	60	Freeform
27	ESPNEWS	61	Boomerang
28-1	ESPNU	62	DIY
28-2	OWN	63	E!
28-3	FS1	64	Discovery
29	Lifetime	65	Food Network
30	USA	66	Bravo
31	TNT	68	TruTV
32	TBS	69	National Geographic
33	Nickelodeon	70	Outdoor Channel
34	AMC	71	NFL Network

Wash your hands often. Ask healthcare workers and your visitors to do the same.



## Beverages

- 2% Milk (1)
- Skim Milk ♥(1)
- Rice Milk ♥(1.5)
- Fat Free Chocolate Milk ♥(2)
- Almond Milk ♥  
Vanilla (1) or Chocolate (1.5)
- Soy Milk ♥  
Vanilla (1) or Chocolate (1.5)
- Fruit Smoothie ♥(3)
- Milkshake  
Vanilla (2.5), Chocolate (3) or Strawberry (3)
- Orange Juice ♥(1)
- Apple Juice ♥(1)
- Cranberry Juice ♥(1)
- Prune Juice ♥(1.5)
- Low Sodium V-8 Juice ♥(0.5)
- Tea Iced or Hot
- Decaf Tea Iced or Hot
- Green Tea Iced or Hot
- Cola (1.5)
- Diet Cola
- Lemon-Lime Soda (1.5)
- Diet Lemon-Lime Soda
- Coffee
- Decaf Coffee

## Full Liquid

- Any Clear Liquid Item
- Any Beverage Item
- Tomato Soup ♥(1)
- Strained Cream of Chicken Soup (1)
- Cream of Wheat ♥(1)
- Cream of Rice ♥(2)
- Vanilla Greek Yogurt ♥(1)
- Pudding Vanilla or Chocolate (1.5)
- Sugar Free Pudding ♥ (0.5)  
Vanilla or Chocolate
- Ice Cream Vanilla or Chocolate (1)
- Orange Sherbet ♥(1.5)

## Clear Liquid

- Broth Chicken, Vegetable or Beef ♥
- Apple Juice ♥ (1)
- Cranberry Juice ♥ (1)
- Popsicle ♥ (1.5)
- Sugar Free Popsicle ♥ (0.5)
- Cherry Italian Ice ♥(1)
- Gelatin Orange or Strawberry ♥(1.5)
- Sugar Free Gelatin ♥  
Orange or Strawberry
- Tea Iced or Hot
- Decaf Tea Iced or Hot
- Green Tea Iced or Hot
- Cola (1.5)
- Diet Cola
- Lemon-Lime Soda (1.5)
- Diet Lemon-Lime Soda
- Coffee
- Decaf Coffee



# dial 3663 (FOOD)

or dial 785.623.5999 on personal cell phone or outside HaysMed

guest trays \$7.00



Available between 6:45 am - 6:30 pm for meals and snacks. Your order will be delivered within 45 minutes.



### Special Diets:

The Call Center (Dial 3663) will be able to assist you in making menu choices if you have been placed on a special diet by your provider.

### Consistent Carbohydrate Diet:

Carbohydrate choices are in ( ) located behind each food item. One carbohydrate choice equals 15 grams of carbohydrates.

Consistent Carbohydrate	Carbohydrate Choices/Meal	Carbohydrate Choices/Snack
Low	3	1
Moderate	4	1
High	5	1

### Heart Healthy Diet:

If you have been placed on a Heart Healthy Diet, look for menu items that have a ♥ behind them.

This diet allows a daily intake of < 2,000 mg sodium, 60 grams fat and low cholesterol food choices.

♥ Approved by the DeBakey Heart Institute

### FOOD ALLERGIES & INTOLERANCES:

Please let staff know if there is any food that could cause an allergic reaction prior to placing your room service order.

# patient and guest menu



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# breakfast Available All Day

## Cereal

- |                      |                           |
|----------------------|---------------------------|
| Cream of Wheat ♥ (1) | Corn Flakes ♥(1.5)        |
| Cream of Rice ♥(2)   | Raisin Bran ♥ (2)         |
| Oatmeal ♥(1)         | Frosted Flakes ♥(1.5)     |
| Add Ins              | Honey Nut Cheerios ♥(1.5) |
| Brown Sugar (1)      | Rice Chex ♥(1.5)          |
| Raisins (1.5)        |                           |

## Breakfast Bakery

- English Muffin ♥ (2)
- Blueberry Whole Grain Muffin ♥(2)
- Toast White, Multi-Grain or Gluten Free ♥(1)
- Bagel ♥ (3)
- Mini Glazed Cinnamon Roll (1)

## Hot Breakfast Entrees

- |   |                          |
|---|--------------------------|
| Buttermilk Pancake ♥(1)   | French Toast ♥(1)        |
| Fresh Berry Pancake ♥(1)<br><small>made with blueberries &amp; strawberries</small> | Breakfast Burrito ♥(1.5) |

## Eggs

- Scrambled Regular or LoChol ♥
- Fried
- Medium Fried
- Over-Easy
- Sunny-Side Up
- Poached
- Hard or Soft Boiled

## The Omelet Station

- Lo Chol egg ♥ available upon request
- Cheese
- Bacon & Cheese
- Sausage & Cheese
- Vegetable ♥



## On the Side

- Bacon
- Sausage Patty
- Roasted Potatoes (1)

## Fruit & Yogurt

Please see Fruit & Yogurt section on lunch & dinner menu

# lunch & dinner

Available Between  
11:00 am - 6:30 pm

## Soups

- |                          |                                    |
|--------------------------|------------------------------------|
| Vegetable Soup ♥(1)      | Tomato Soup ♥(1)                   |
| Chicken Noodle Soup ♥(1) | Broth Chicken, Vegetable or Beef ♥ |

## Deli Favorites

### Build a Sandwich

- |                       |               |                  |
|-----------------------|---------------|------------------|
| <b>Bread</b>          | <b>Cheese</b> | <b>Vegetable</b> |
| White (2)             | Swiss ♥       | Lettuce ♥        |
| Multi-Grain (2)       | Cheddar       | Tomato ♥         |
| Hamburger Bun (2)     | American      | Pickle           |
| Tortilla Wrap (1.5)   |               | Onion ♥          |
| Gluten Free Bread (2) |               | Cucumber ♥       |

### Protein

- |              |                 |                         |
|--------------|-----------------|-------------------------|
| Tuna Salad ♥ | Chicken Salad ♥ | Peanut Butter & Jelly ♥ |
| Turkey ♥     | Ham             | Bacon                   |

## Entrees

- |   |                         |
|---|-------------------------|
| Beef Pot Roast & Gravy ♥(0.5)               | <b>Penne Pasta (2)</b>  |
| Oven Roasted Turkey Breast & Gravy ♥(0.5)   | Marinara Sauce ♥        |
| Golden Crispy Chicken Breast & Gravy ♥(0.5) | Meat Sauce ♥            |
| Chicken Parmesan ♥(0.5)                     | <b>Quesadilla (1.5)</b> |
| Homemade Meatloaf ♥(1)                      | Cheese ♥                |
| Citrus Pepper Salmon ♥                      | Chicken                 |
| Crumb Crusted Cod ♥                         | Veggie ♥                |

## Side Dishes

- |                           |                      |                        |
|---------------------------|----------------------|------------------------|
| <b>Steamed Vegetables</b> | <b>Potato</b>        | <b>Side Salad ♥</b>    |
| Carrots ♥(0.5)            | Baked ♥(2)           | Seasoned Rice ♥(1)     |
| Broccoli ♥                | Mashed ♥(1)          | Macaroni & Cheese ♥(1) |
| Corn ♥(1)                 | Sweet ♥(2)           | Dinner Roll ♥(1)       |
| Green Beans ♥             | Roasted Potatoes (1) | Hot Gravy ♥            |
|                           | Baked Chips ♥(1.5)   |                        |

## Fresh Veggie Cup

- Hummus ♥(0.5) or Ranch Dip

## Fruits & Yogurt (available all day)

- |                      |                       |
|----------------------|-----------------------|
| <b>Fresh Fruit</b>   | <b>Greek Yogurt</b>   |
| Banana ♥(1)          | Vanilla ♥(1)          |
| Orange ♥(1)          | Strawberry ♥(1)       |
| Whole or Wedged      |                       |
| Red Grapes ♥(1)      |                       |
|                      |                       |
| <b>Soft Fruit</b>    |                       |
| Applesauce ♥(1)      | Chilled Pears ♥(1)    |
| Chilled Peaches ♥(1) | Chilled Prunes ♥(1.5) |

## Entree Salad Plates

- |  |                               |
|--|-------------------------------|
| Fresh or Soft Fruit Plate with Cottage Cheese ♥(2) | <b>Salad Dressings</b>        |
| Chicken Salad ♥(2)                                 | Ranch Regular or Fat-Free ♥   |
| Tuna Salad ♥(2)                                    | Italian Regular or Fat-Free ♥ |
|  | French                        |

- Chef Salad (1)
- Caesar Salad Salmon or Chicken ♥ (0.5)

## From Our Grill

- |                                      |                  |
|--------------------------------------|------------------|
| Turkey Burger ♥(2)                   | <b>Cheese</b>    |
| Hamburger ♥(2)                       | Swiss ♥          |
| Cheeseburger (2)                     | Cheddar          |
| Chicken Breast ♥(2)                  | American         |
| Chipotle Black Bean Burger (3)       | <b>Vegetable</b> |
| Quinoa & Roasted Garlic Burger (3.5) | Lettuce ♥ Pickle |
| Grilled Cheese (2)                   | Tomato ♥ Onion ♥ |
| Grilled Ham & Cheese (2)             |                  |
| Chicken Tenders (1.5)                |                  |

## Desserts

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| Pudding Vanilla or Chocolate (1.5) | Chocolate Chip Cookie (1.5)         |
| Ice Cream Vanilla or Chocolate (1) | Gelatin Orange or Strawberry ♥(1.5) |
| Orange Sherbet ♥(1.5)              | Popsicle ♥(1.5)                     |
| Cherry Italian Ice ♥(1)            |                                     |
| Vanilla Cheesecake (1)             | <b>Sugar Free Desserts</b>          |
| Angel Food Cake ♥(1.5)             | Pudding Vanilla or Chocolate (0.5)  |
| Carrot Cake (1.5)                  | Gelatin Orange or Strawberry ♥      |
| Brownie (2.5)                      | Popsicle (0.5)                      |

## Condiments

- |                  |                     |                           |
|------------------|---------------------|---------------------------|
| Margarine        | Ketchup             | Hot Sauce                 |
| Butter           | Mustard             | Picante Sauce             |
| Jelly (1)        | Mayonnaise          | Low Sodium Crackers (0.5) |
| Sugar Free Jelly | Light Mayo          | Saltines (0.5)            |
| Honey (1)        | Tartar Sauce        | Graham Crackers (1)       |
| Syrup (1)        | Pepper              | Lemon Wedge               |
| Diet Syrup       | Salt-Free Seasoning | Non Dairy Creamer         |
| Peanut Butter    | Parmesan Cheese     |                           |
| Sugar (0.5)      | Light Cream Cheese  |                           |
| Sugar Substitute | Sour Cream          |                           |

♥ Most condiments can fit into a Heart Healthy diet when consumed in moderation.

*Continued on back panel*

## Honor a Special Caregiver

The HealthCare Champion program recognizes the CARE in healthcare. Each month, patients and their families send heartwarming stories about special ways their lives were impacted by a member of the HaysMed HealthCare team. You can recognize a special caregiver with a donation to the HaysMed Foundation. Call extension 2350 from your patient room to visit with the HaysMed Foundation or nominate your HealthCare Champion online at [haysmedfoundation.org](http://haysmedfoundation.org)



## Partnering for a Healthier Community

As a not-for-profit hospital, HaysMed relies on the generosity of donors to achieve our

standards of excellence in patient care. These gifts allow us to provide quality programs, services, technologies and education to our patients.

Every gift – no matter how large or small – makes an enormous difference in the lives of those we serve. If you are not already part of the HaysMed family of supporters, we invite you to join us.

Call extension 2350 from your patient room to visit with the HaysMed Foundation or donate online at [haysmedfoundation.org](http://haysmedfoundation.org).



Volunteer Corner Gift Shop  
785-623-5294

First Floor Entrance C

Monday - Friday 9 a.m.-5 p.m.  
Saturday 9 a.m.-1 p.m.

Baby Gifts | Balloons | Candy | Cards | Get Well Gifts |  
Holiday Items | Kansas Products  
Personalized Gift Baskets

All proceeds from the Gift Shop benefit  
HaysMed projects.

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