

How to Place Your Order

Review the menu and choose the items you would like to order.

1. Use your remote or keypad to select “Order A Meal” on your TV.
2. Place your order by dialing **720-777-6232** or **ext. 76232** anytime between 7 a.m. and 8 p.m.

Please allow 60-90 minutes for your order to arrive to your room.

Please be advised you may experience extended hold times between 7am - 9am, 11am - 1pm, and 5:30pm - 8pm. If you would like to preorder future meals, please use your TV or call outside of those times.

Your tray will be left at the nurses' station if no one is available at the time of delivery.

If your doctor has prescribed a modified diet, or if you have food allergies, a Room Service Coordinator will assist you in selecting the appropriate foods. If you need a menu for your prescribed diet, please let a Room Service Coordinator know. They will be happy to send one right up.

Patient Meals

Breakfast, Lunch and Dinner:

Consists of 1 Entrée, 2 Sides, 1 Dessert & 1 Beverage per meal

4 PUREED

Level 4 Pureed Food for Babies and Children

What is this food texture level?

Level 4 – Pureed Foods:

- ✓ Are usually eaten with a spoon
- ✓ Do **not** require chewing
- ✓ Have a smooth texture with no lumps
- ✓ Hold shape on a spoon
- ✓ Fall off a spoon in a single spoonful when tilted
- ✓ Are NOT sticky
- ✓ Liquid (like sauces) must not separate from solids



Why is this food texture level used for babies and children?

Level 4 – Pureed Food may be used if your child is not able to bite or chew food or if your child's tongue control is reduced. Pureed foods only need the tongue to be able to move forward and back to bring the food to the back of the mouth for swallowing.

It's important that puree foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. Pureed foods are best eaten using a spoon.

**All foods available on this menu are pureed using water **

Patient Snacks

3 times per day

Consists of 2 Sides & 1 Beverage 3 times per day

Guest Meals

Guest trays can be ordered for \$10.00 per meal, and Guest Snacks for \$5.00.

These prices include tax.

*Unfortunately, individual items are not available for purchase.

Credit Card, Meal Voucher, and Fresh Market Place Gift Cards are accepted.

Interested in picking up a to-go guest order from our Café? Order by scanning the QR code below and using a “Guest Login”. Pay with a credit card and pick up in the 1st floor Café next to the silverware dispensers. A receipt with your name and order will be attached to make it easy to find. [GET is not for patient meals.](#) Contact fs.getfood@childrenscolrado.org with any questions.



SCAN ME



Children's Hospital Colorado complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. • ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-720-777-1234. • CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-720-777-1234.

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Updated January 2024

LEVEL 4 - PUREED



Room Service Menu

Place orders between 7 a.m. and 8 p.m.

To place your order dial 76232



Breakfast

ENTREES

Build Your Own Scramble or Omelet

Eggs: • Regular Eggs • Egg Whites

Protein: • Ham • Pork Sausage • Veggie Sausage

Veggies: (V) • Mushrooms • Tomatoes

Toppings: (V) • Cheddar • Mozzarella • Green Chili

Griddle & Flip (V)

• Plain Whole Grain Pancakes • Plain Buttermilk Pancakes

Pancake fillings: Blueberries • Chocolate Chips

Classics

• Biscuits & Gravy

SIDES

Morning Side-Kick

• Hard Boiled Egg (V) • Canadian Bacon

Sausage Patties: • Veggie (V) • Pork

(V) On the Side: • Green Chili

In the Bowl

• Plain Oatmeal

With: • Honey • Brown Sugar

Bakery (V)

Muffins: • Blueberry • Chocolate Chip

Fruit & Yogurt (V)

• Banana • Applesauce

• Fat Free Strawberry Greek Yogurt

Low Fat Yogurt: • Peach • Strawberry • Vanilla

Beverages (V)

• Bottled Water • Black or Herbal Tea

• No Sugar Added Hot Chocolate

Juice: • Apple • Orange • Grape • Capri Sun 100% Juice

Milk: • Fat Free • Soy • 2% • Whole Chocolate • Whole

Bubbly: • Cherry • Blackberry • Lime

Boost Protein Enriched Fruit Drink: • Orange • Wildberry

Sugar Free Crystal Light: • Punch • Lemonade • Peach Tea

Carnation Instant Breakfast: • Chocolate • Vanilla

Lunch and Dinner

ENTREES

Classics

• Grilled Chicken Breast

• Baked Fish

• Veggie Burger (V)

• Baked Chicken Nuggets

• Mac & Cheese

• Hamburger

• Cheeseburger

• Grilled Cheese Sandwich (V)

Build Your Own Pasta

Pasta: • Spiral • Lentil Rotini

Sauce (Choose 1): • Marinara • Alfredo • Olive Oil

Toppings (Choose up to 4): • Mushrooms • Chicken • Meatballs

Mixed in: • Mozzarella • Cheddar • Parmesan • Butter

Baby Foods

• Apples • Pears

• Squash • Banana

• Chicken • Green Beans

• Peaches • Carrots • Peas

SIDES

Soups

Soups: • Tomato Basil (V) • Chicken Noodle • Chicken Tortilla

Broth: • Beef • Chicken • Veggie • Low Sodium Chicken

Hot Sides (V)

• Broccoli • Corn

• Carrots • Green Beans

• Baked Sweet Potato

• Mashed Potatoes & Gravy (Without Gravy)

• Refried Beans

• Cheesy Potatoes • Tater Tots • Emoji Fries

Condiments (V)

• Salt • Pepper • Butter • Margarine • Ketchup • Mustard • Soy Sauce

• Mayonnaise • Miracle Whip • Ranch Dressing • Syrup (S) • Cholula

• Sour Cream • Green Chili • Picante • Jelly (S) • Honey

• Tartar Sauce • BBQ Sauce • Mrs. Dash • Brown Sugar • Lemon

• Sugar • Equal

Snack Attack

Cheeses: (V) • Cottage Cheese

Desserts (V)

Smoothies: • Strawberry Banana Yogurt

• Mixed Berry Yogurt

Milkshakes: • Chocolate • Vanilla

Pudding: • Chocolate • Vanilla

Ice Cream: • Chocolate • Vanilla

Magic Cup: • Chocolate

Green  "Go" ahead and eat these low calorie items

Yellow  "Slow" down and eat in moderation

Red  "Stop" and think before drinking/eating