

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

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@childrenscolorado.org with any questions.



SCAN ME

6 SOFT & BITE-SIZED



Level 6 Soft & Bite-Sized for Babies and Children

What is this food texture level?

Level 6 – Soft & Bite-Sized Foods:

- ✓ Soft, tender and moist, but with no thin liquid leaking/dripping from the food
- ✓ Ability to ‘bite off’ a piece of food is *not* required
- ✓ Ability to chew ‘bite-sized’ pieces so that they are safe to swallow *is required*
- ✓ ‘Bite-sized’ pieces no bigger than 8mm x 8mm in size
- ✓ Food can be mashed/broken down with pressure from fork
- ✓ A knife is *not* required to cut this food



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

Level 6 – Soft & Bite-Sized food may be used if your child is not able to bite off pieces of food safely but is able to chew bite-sized pieces down into little pieces that are safe to swallow. Soft & Bite-Sized foods need a moderate amount of chewing, for the tongue to ‘collect’ the food into a ball and bring it to the back of the mouth for swallowing. The pieces are ‘bite-sized’ to reduce choking risk. If you notice the food pieces are not being chewed well though, please contact your clinician to make sure your child is on the correct food texture to reduce choking risk. Soft & Bite-Sized foods are eaten using a fork, spoon or chopsticks.

7 REGULAR EASY TO CHEW



Level 7 Regular Easy to Chew for Babies and Children

What is this food texture level?

Level 7 – Regular Easy to Chew Foods:

- ✓ Normal, everyday foods* of soft/tender textures that are appropriate to your child’s development. Your baby should have teeth and chewing skills
- ✓ Any method may be used to eat these foods (e.g. fingers, fork, spoon, chopsticks etc.)
- ✓ Food piece size is not restricted in Level 7, therefore foods may be a range of sizes. **Foods may be a range of sizes but must be appropriate to your child’s age and level of development.** Food pieces can be smaller or bigger than 8mm x 8mm
- ✓ **Do not use foods that are:** hard, tough, chewy, fibrous, have stringy textures, or include pips/seeds, bones or gristle
- ✓ Your child should be able to ‘bite off’ pieces of soft and tender food and choose bite-sizes that are safe to chew and swallow
- ✓ Your child should be able to chew pieces of soft and tender food, so they are safe to swallow without tiring easily
- ✓ Your child’s tongue should be able to move food for chewing and apply pressure until the food is soft and moist enough to be easily swallowed



*May include ‘mixed thin and thick texture’ food and liquids together – ask your clinician for direction on this.

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

Level 7 – Regular Easy to Chew food may be used if your child has strong enough chewing ability to break down soft/tender food given in pieces appropriate for their age and abilities. This texture may be right if your child has weaker chewing muscles for hard/firm textures but can chew soft and tender food without getting tired. It may also be a good choice if your child has been sick and is recovering. Your clinician might recommend this texture if they are teaching your child advanced chewing skills.



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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. FS_130870_2018-07

LEVEL 6 (SOFT & BITE SIZED) & LEVEL 7 (EASY TO CHEW)

Room Service Menu

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

To place your order dial 76232



Children’s Hospital Colorado
Here, it’s different.™

Breakfast

ENTREES

Build Your Own Scramble or Omelet

- Eggs: • Regular Eggs • Egg Whites
Protein (chopped): • Pork Sausage • Veggie Sausage
Veggies: • Mushrooms • Tomatoes
Toppings: • Cheddar • Mozzarella • Green Chili

Griddle & Flip

- Plain Whole Grain Pancakes • Plain Buttermilk Pancakes
- Pancake fillings: Blueberries • Chocolate Chips
• French Toast

Classics

- Biscuits & Gravy

SIDES

Morning Side-Kick

- Hard Boiled Egg
- Sausage Patties (chopped): • Veggie • Pork
• On the Side: • Green Chili

In the Bowl *Please remember to order milk for your cereal*

- Rice Krispies
- Plain Oatmeal With: • Honey • Brown Sugar

Bakery

- Bread: • Wheat • White
Muffins: • Blueberry • Chocolate Chip

Fruit & Yogurt

- Banana • Applesauce
 - Peach Cup • Mandarin Oranges
 - Fat Free Strawberry Greek Yogurt
- Low Fat Yogurt: • Peach • Strawberry • Vanilla

Beverages

- 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
Bubly: • 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

- Baked Fish
- Chopped Baked Chicken Nuggets
- Mac & Cheese

Build Your Own Sandwich

- Bread (On the side): • Wheat Bread • White Bread
Protein (Chopped): • Turkey • Ham • Plain Tuna

Build Your Own Pasta

- Pasta: • Spiral • Lentil Rotini
Sauce (Choose 1): • Marinara • Alfredo • Olive Oil
Toppings (Choose up to 4): • Mushrooms • Meatballs
Mixed in: • Mozzarella • Cheddar • Parmesan • Butter

Jarred Baby Foods

- Apples • Pears
- Squash • Banana
- Chicken • Green Beans
- Peaches • Carrots
- Peas

SIDES

Soups

- Soups: • Tomato Basil • Chicken Noodle • Chicken Tortilla
Broth: • Beef • Chicken • Veggie • Low Sodium Chicken

On the Side

- Chopped Carrots • Chopped Green Beans • Sweet Potato
- Mashed Potatoes & Gravy (•Without Gravy)
- Refried Beans • Cheesy Potatoes

Condiments

- Salt • Pepper • Butter • Margarine • Ketchup • Mustard • Soy Sauce
- Mayonnaise • Miracle Whip • Ranch Dressing • Syrup • Cholula
- Peanut Butter • Sour Cream • Green Chili • Picante • Jelly • Honey
- Tartar Sauce • BBQ Sauce • Mrs. Dash • Brown Sugar • Lemon
- Sugar • Equal

Snack Attack

- Cheeses: • Cottage Cheese

Desserts

- Popsicle • Jello • Brownie • Chocolate Cupcake
- Smoothies: • Mango Banana Oat Milk • 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