



Parent and Staff Menu

We are pleased to extend room service to our parents and staff. We accept Visa, MasterCard, American Express, Debit and Ease Cards. Employee discount will be applied at time of purchase. Sorry, no cash.

Please let us know if you have any questions and we would be happy to assist you!

How to Order

1. Dial **extension 225619**. One of our diet aides will take your order and guide you through available menu choices.
2. For your convenience, you may also pre-order your meals to be delivered at a specified time.

We will deliver your meals in 45 minutes or less!

You'll find a list of other food services options on our website at www.rchsd.org > Patient/Visitors > Your Child's Stay > Food Services & Resources, as well as in your Patient and Family Guide.

We've included some more easy tips for making healthy choices below!

- Eat more fruits and veggies!
- Try whole grains! Ask for oatmeal, whole-wheat bread, or brown rice at meals.
- Keep it interesting! Pick out new foods you've never tried, like quinoa, black beans, or hummus.

WG: Whole Grain



Sweets & Treats

- Rice Krispy Treat \$0.79
- Fresh Baked Cookies.....\$1.49
Sugar, Oatmeal Raisin or Chocolate Chip
- Fudge Brownie.....\$1.49
- Chocolate or Vanilla Pudding\$1.29
- Rainbow, Raspberry or Orange Sherbet\$0.99
- Vanilla, Chocolate or Strawberry Ice Cream \$0.99
- Orange, Lemon or Sugar Free Lemon Italian Ice..... \$0.99

Beverages

- Coffee- Regular or Decaf
12oz.....\$0.89 16oz.....\$0.99 20oz.....\$1.29
(Available Upon Request: liquid creamer, non-dairy creamer, sugar, Splenda, sugar substitute)
- Hot Tea-Regular or Chamomile.....\$0.89
- Hot Chocolate- Regular or Sugar-Free\$0.99
- Bottled Water (20 oz)\$1.29
- Vita Coco Water (16 oz).....\$1.99
- Bubbly Seltzer Water (12 oz)-
Orange, Lime, Strawberry, Grapefruit, Mango\$1.49
- Milk (8 oz)- *Non-fat, 1%, Whole & Non-Fat Chocolate*\$0.89
- Soy Milk(8 oz).....\$1.40
- Vanilla Almond Milk (8 oz)\$1.49
- Soda (20 oz) - Diet or Regular\$1.49
Coke, Pepsi, Sprite, Sierra Mist, Mountain Dew, Dr. Pepper, Ginger Ale
- Juice (15 oz) *Orange, Cranberry, Apple* \$1.99
- Energy Drinks- *Monster or Rockstar* (16 oz)\$2.95
- Other beverages (20oz).....\$1.99
- Gatorade, *Vitamin Water, Propel, Lemonade, Iced Tea, Unsweetened Iced Tea, Snapple, Diet Snapple*

Smoothies

Try any of our homemade 16 oz. smoothies! ... \$4.99

Peaches & Cream

A creamy blend of peaches & vanilla yogurt

Strawberry-Banana

Strawberries & fresh banana blended with creamy vanilla yogurt & apple juice.

Tropical Berry Blast

A tropical blend of blueberries, pineapple & vanilla yogurt.

Pineapple-Banana

Pineapple & fresh banana blended with creamy vanilla yogurt & apple juice.

"We offer a wide range of hot and cold breakfast items, as well as a variety of tasty lunch and dinner selections for our guests. All of our meals are prepared fresh to order and will be delivered within 45 minutes or less!"

Rady Children's Hospital-San Diego

PARENT & STAFF MENU

Healthy and delicious options for our guests.
7 a.m.-Midnight

"Rady Children's is committed to excellence in providing high-quality meals and snacks."

Breakfast Favorites

(Served All Day!)

- Build-a-Breakfast** \$5.99 *(Choose any 3 items below)*
- 2 Eggs, any style
 - Breakfast Potatoes
 - 2 WG Waffles
 - Oatmeal
 - Toast
 - 2 Bacon or Turkey Bacon Strips
 - Sausage or Turkey Sausage Patty
 - 2 Buttermilk Pancakes *(Upgrade to blueberry pancakes \$0.49)*
 - 3 WG French Toast Sticks
 - Corn, or WG Blueberry Muffin

- Build-Your-Own Omelet** \$5.99 *(With your choice of 3 ingredients)*
- cheddar cheese
 - sausage
 - bell peppers
 - ham
 - tomatoes
 - mushrooms
 - bacon
 - onions
 - spinach
 - salsa
 - Pico de Gallo
 - avocado *(\$0.99)*

- Breakfast Burrito** \$5.49
- Scrambled eggs, cheddar cheese, shredded hash browns and fresh pico de gallo wrapped in a warm flour tortilla. *(Add bacon or sausage ... \$0.89)*

- Sunrise Sandwich** \$4.99
- Turkey sausage, egg and cheese served on a warm whole wheat English muffin.

- Huevos Rancheros** \$5.99
- One corn tortilla topped with refried beans, rancho sauce, two fried eggs, cheddar cheese, salsa and sour cream.

- Peanut Butter & Fresh Fruit English Muffin** \$2.99
- Toasted whole wheat English muffin served with peanut butter, fresh banana and strawberry garnish.

- Granola & Greek Yogurt with Fresh Fruit** \$4.29
- Vanilla flavored Greek yogurt served with fresh fruit and crunchy granola.

Egg whites available upon request.... \$0.75

Ala Carte

- Sides**
- 1 Egg, Any Style \$1.49
 - Breakfast Potatoes \$0.99
 - 1 Hardboiled Egg \$1.39
 - 1 Bacon or Turkey Bacon Strip \$0.89
 - 1 Sausage or Turkey Sausage Patty \$0.89

- Fruits**
- 1 Banana, Apple, Orange (whole or sliced) \$0.99
 - Fresh Fruit Cup: Strawberry, Grape, Watermelon, Pineapple, Cantaloupe, Honeydew \$0.99

- Bread Basket**
- Plain, WG or Cinnamon Raisin Bagel whole \$1.99, half \$0.99
 - Blueberry Muffin^{WG} or Corn Muffin \$0.99
 - White, Wheat or Sourdough Toast \$0.59
 - Whole Wheat English Muffin \$0.89
 - WG, Flour or Corn Tortilla \$0.89
 - Gluten Free Bread or Blueberry Muffin \$1.99

- Cold Cereal** \$1.60
- Cheerios^{WG}, Honey Nut Cheerios^{WG}, Crispy Rice, Raisin Bran^{WG}, Rice Chex^{WG}, Corn Flakes, Frosted Mini-Wheat's^{WG}
- Hot Cereal** \$1.69
- Oatmeal or Cream of Wheat
- Top with Brown Sugar & Raisins \$0.49*

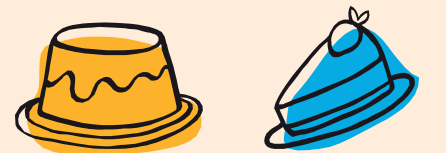
- Yogurt & Cottage Cheese**
- Greek Yogurt: Blueberry, Strawberry, Vanilla \$1.69
- Fruited Yogurt: strawberry, strawberry-banana, vanilla \$1.39
- Light Fruited Yogurt: Blueberry, Strawberry, Peach \$1.39
- Yogurt Parfait \$2.99
- Low Fat Cottage Cheese \$0.99

- Extra Condiments**
- Honey, Regular or Sugar Free Jelly, Peanut Butter \$0.25
- Regular or Light Cream Cheese \$0.55
- Sour Cream or Salsa \$0.50

Available Upon Request: Salt/Pepper, Organic salt free seasoning, Ketchup, Mustard, Light Mayo, taco sauce, Tabasco, Tapatio



Lunch & Dinner



Soups & Salads

Crackers and croutons available upon request.

- Soup** \$1.99
- Chicken Noodle, Vegetable Rice, Tomato or Soup of the Week.

- Garden Side Salad** \$1.99
- Fresh garden greens, sliced cucumbers, shredded carrots and cherry tomatoes. Served with your choice of dressing.

- Caesar Side Salad** \$1.99
- Crisp romaine lettuce with croutons, parmesan cheese, & Caesar dressing.
- Add grilled chicken \$1.99

- Hummus, Veggie & Pita Plate** \$4.99
- Sliced cucumbers, carrots and celery sticks served with fresh hummus and pita bread.

- Fiesta Cobb Salad** \$5.99
- Grilled chicken breast served over romaine lettuce with diced tomato, olives, black beans, corn, and cheddar cheese.
- Substitute salmon \$3.99 or chicken nuggets \$1.99*

- Chicken Caesar Salad** \$5.29
- Grilled chicken breast served on crisp romaine lettuce with croutons, parmesan cheese & Caesar dressing.
- Make it a wrap! \$0.99*

- Strawberry Feta Salad** \$5.29
- Strawberries, feta, bacon, cucumber, sunflower kernels, red onions over romaine with poppy seed vinaigrette.
- Vegetarian Options:*
- Add Tofu or Quinoa to any salad! \$0.49*

Salad Dressing Choices:

- Balsamic Vinaigrette, Ranch, FF Ranch, Creamy Italian, FF Italian, Caesar
- Extra Dressing or Dipping Sauce (Honey Mustard/BBQ) \$0.99

Signature Sandwiches & Wraps

- Build-Your-Own Sandwich or Wrap** \$4.99
- Bread:** white, wheat, sourdough, WG tortilla, flour tortilla, or spinach tortilla
- Meat:** turkey, ham, roast beef, chicken salad or tuna salad
- Cheese:** American, Swiss, Cheddar, Provolone, Pepper Jack
- Condiments:** lettuce, tomato, onion, light mayo, mustard, pickles
- Add extra cheese, guacamole, or hummus \$0.49*
- Add avocado \$0.99*

- California Turkey Wrap** \$5.29
- Flour tortilla wrap filled with turkey, cucumber, carrots, lettuce, sliced avocado and fat-free ranch dressing.
- Buffalo Chicken Wrap** \$5.99
- Chicken breast tenders with buffalo bleu cheese dressing, romaine lettuce, carrots and bleu cheese crumbles in a flour tortilla.

Hot off the Grill

- Build-Your-Own Burger** \$4.99
- Bread:** white or wheat hamburger bun
- Meat:** beef, chicken or turkey burger
- Cheese:** American, Swiss, Cheddar, Provolone, Pepper Jack
- Condiments:** lettuce, tomato, onion, light mayo, mustard, ketchup, pickles
- Add extra cheese, guacamole, or hummus \$0.49*
- Add avocado \$0.99*
- Sub protein with Garden Veggie Burger (Vegan) ... \$0.49*

- Grilled Cheese Sandwich** \$3.99
- Classic American cheese grilled on wheat, white or sourdough bread. (add ham \$0.49)
- Make it a Combo! Add a cup of soup \$1.00*
- Cheese Quesadilla** \$3.79
- warm flour tortilla folded over melted cheddar cheese
- Chicken Quesadilla** \$5.09
- warm flour tortilla folded over melted cheddar cheese and filled with chicken
- Veggie Quesadilla** \$3.59
- warm flour tortilla folded over melted cheddar cheese filled with fresh vegetables



Entrees

- Grilled Garlic-Herb Chicken Breast or Salmon** \$6.29
- Served with your choice of side and fresh vegetables.

- Steak, Chicken or Tofu Teriyaki Bowl** \$6.29
- Stir-fried with fresh vegetables over brown rice.
- Beef Pot Roast** \$6.99
- Slowly braised beef pot roast topped with a rich tomato vegetable sauce. Served with your choice of starch and fresh vegetables.

- Pasta Marinara** \$5.69
- Spaghetti, penne pasta or cheese ravioli served with choice of homemade marinara or meat sauce. Served with a WG breadstick.
- WG & Gluten Free pasta available upon request! \$0.99*

- Vegetable Lasagna** \$5.99
- Layers of pasta, ricotta cheese & vegetables with your choice of homemade marinara or meat sauce. Served with a WG breadstick.

- Build-your-own Burrito** \$5.99
- A warm flour tortilla filled with your choice of 4 ingredients:
- Chicken
 - Steak
 - Black Beans
 - Refried Beans
 - Brown Rice
 - Peppers & Onions
 - Shredded Lettuce
 - Diced Tomato
 - Sour Cream
 - Guacamole
 - Cheddar Cheese
- Extra side of salsa, sour cream or guacamole \$0.49*

- Oven-Baked Pizza** \$4.99
- 7" Personal Pizza with your choice of classic cheese, pepperoni or veggie.



Sides

- Honey Wheat Roll \$0.99
- Herbed Breadstick^{WG} \$0.99
- Brown Rice \$1.40
- White Rice \$1.40
- Quinoa (with carrots & green onion) \$1.40
- Mashed Potatoes *(gravy available upon request)* .. \$1.49
- Baked Potato \$1.40
- Add shredded cheddar or sour cream \$0.50
- Mac & Cheese \$1.49
- Baked French Fries \$1.40
- Baked Sweet Potato Fries \$1.40
- Black or Refried Beans \$1.49
- Seasoned Vegetables \$1.40
- Green Beans, Carrots, Peas, Corn, Broccoli, Zucchini



Snacks

- Pretzel Twists \$0.89
- Cheddar Goldfish^{WG} \$0.89
- Chips \$0.89
- Doritos, Lays, Cheetos, Baked Lay's, SunChips^{WG}
- Carrot & Celery Sticks with Ranch Dressing ... \$1.59
- Apple Slices with Peanut Butter \$1.29
- String Cheese \$0.79
- Chewy Granola bar \$0.89
- Chocolate Chunk or Oatmeal Raisin