

Drinks

Served All Meals

Call
2-3463
(2-DINE)

Milk and Alternatives

Fat-free ¹¹ | Lactose-free Fat-free ¹¹
1% ¹¹ | 2% ¹¹ | Whole ¹¹
Whole Chocolate ²⁹
Low-fat Buttermilk ¹⁴
Hot Chocolate ¹⁶
Vanilla Almond Milk ¹⁵
Vanilla Soy Milk ¹⁷

Juice

Apple ¹⁵ | Grape ¹⁵ | Orange ²⁰
Prune ¹⁵ | V8 ⁷ | Cran-Grape ¹⁶
Diet Cranberry*

Cold Drinks

Bottled Water
Iced Tea - Regular | Decaf
Coke - Regular ³⁹ | Diet
Dr Pepper - Regular ³⁴ | Diet
Sprite - Regular ³⁷ | Zero
G2 ⁸ | Gatorade ²¹
Ginger Ale ³⁶

Ask about
our seasonal
drinks



Coffee and Tea

Hot Coffee - Regular | Decaf
Hot Tea - Regular | Decaf
English Breakfast Tea
Green Tea

Decaf Herbal Teas

Chamomile | Lemon Ginger
Mint | Lemon

Powered by Protein

Boost Plus

Chocolate ⁴⁵ | Vanilla ⁴⁵

Boost Glucose Control

Chocolate ¹⁶ | Vanilla ¹⁶

Boost Breeze

Orange ⁵⁴ | Wild Berry ⁵⁴

Smoothies - 10oz

Banana Strawberry ⁴³
Green Machine ³⁸ | Strawberry ³³
Tropical Sunshine ⁴³

Milkshakes - 10oz

Chocolate ⁴⁵ | Strawberry ⁴³
Vanilla ⁴¹

High Protein

Milkshakes - 18oz

Chocolate ⁹¹ | Strawberry ⁸⁸
Vanilla ⁸⁶

Desserts and Snacks

Served
All Meals

Desserts

Angel Food Cake with Strawberries ⁴⁶
Mini Bundt Cakes - Carrot ⁵³ | Chocolate ⁹³
Pineapple ⁸⁶ | Red Velvet ⁸⁸
Dutch Apple Pie ⁶³ | Warm Peach Crisp ³²
New York Cheesecake ⁴⁵

Cookies

Chocolate Chip ²³ | Graham Crackers ¹⁶
Oatmeal Raisin ²³ | Sugar-free Lemon ²⁰
Sugar-free Gourmet Walnut Brownie ²⁴

Jell-O Gelatin

Cherry ¹⁷ | Lime ¹⁷ | Sugar-free Lemon*
Peach Mango High Protein*
Sugar-free Panna Cotta with Fresh Berries ¹⁰

Pudding

Banana ²¹ | Chocolate ²⁵ | Tapioca ²⁵
No Added Sugar Vanilla ¹⁴

Yogurt

Cherry ²⁹ | Mixed Berry ³² | Light Peach ¹⁵
Low-fat Plain ¹⁰ | Vanilla ²² | Strawberry Whips ²⁵

Greek Yogurt

Key Lime ¹⁶ | Fat-free Blueberry ⁹
Fat-free Vanilla ¹⁵
Fat-free, Sugar-free Triple Zero Mixed Berry ¹⁰

Parfaits

Low-fat Vanilla Yogurt with Granola
and your Choice of Fresh Seasonal
Berries ⁷⁰ | Canned Peaches ⁷⁴
Sugar-free Jell-O with Layers of No Added Sugar
Vanilla Pudding with Seasonal Berries ¹⁶



Fresh Fruit

Fresh Fruit Cup ¹⁶
Blueberries ¹² | Strawberries ¹¹
Honeydew ¹³ | Pineapple ¹⁹
Seedless Grapes ²⁶
Apple ²⁶ | Banana ²⁶

Ask
about our
seasonal fruit
and seasonal
berries

Canned Fruit

Applesauce ¹³ | Fruit Cocktail ¹⁶
Mandarin Oranges ¹⁵
Peaches ¹³ | Pears ¹⁵ | Pineapple ¹⁵
Dried Prunes - 3oz ⁵⁴ | Raisins ³⁴



Ice Cream and More

Per Scoop

Chocolate ¹⁸ | Strawberry ¹⁷ | Vanilla ¹⁶
Fat-free, Sugar-free Vanilla ¹⁹
Rainbow Sherbet ¹⁶
Fat-free Vanilla Frozen Yogurt ¹⁵

Toppings

Caramel ¹⁹ | Chocolate Syrup ¹⁶
Chopped Walnuts* | M&M's ²⁰
Fresh Fruit - Banana ¹³ | Pineapple ⁷
or Strawberries*
Sugar-free Whipped Topping*

Italian Ice and Sugar-free Popsicles

Assorted Flavors*



Call
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Room Service Menu

Please order between 6:30 a.m. and 9 p.m.



Regular Diet

Please note the
orange numbers next
to food items indicate
the total grams of
carbs in each item.

Food items
marked with
an **asterisk ***
indicates less
than 5 carbs

Guest Menu



THE UNIVERSITY OF TEXAS
MD Anderson
~~Cancer~~ Center
Making Cancer History®

Breakfast

Please place orders
between 6:30 and 10:30 a.m

Call
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(2-DINE)

Hot Cereal

Cream of Wheat ¹⁶
Grits ²⁷ | Oatmeal ³⁰

Cold Cereal

Cheerios - Regular ¹⁴ | Honey Nut ²³
Cinnamon Toast Crunch ²² | Corn Flakes ¹⁸
Frosted Flakes ²⁶ | Granola with Raisins ⁵² | Raisin Bran ³³
Rice Krispies ¹⁶ | Special K ¹³

Ask about our wide variety of toppings

Ask about
condiments

Pancakes and More

Belgian Waffle - Multigrain ⁶³ | Buttermilk ⁶²
Pancakes - Multigrain ⁵⁸ | Buttermilk ⁵⁵
French Toast ⁶⁹

Toppings

Warm Berry Compote ¹¹ | Sugar-free Whipped Topping*

Fresh Eggs

Fried | Hard Boiled | Poached
Scrambled | Scrambled Egg Whites

Breakfast Proteins

Smoked Bacon | Country Sliced Ham
Chicken Apple Sausage Link* | Pork Sausage Link
Turkey Sausage Patty | Vegetarian Breakfast Patty ⁶
Sautéed Tofu with Garlic*

Breads

Biscuit ²⁴ - with Cream Gravy if desired
Croissant ³³ | Flour Tortilla (one) ¹⁴
Toasted Bagel - Plain ⁵⁶ | Raisin ⁴⁵
Toasted Sliced - White ¹⁶ | Sliced Whole Wheat ¹³
Toasted English Muffin - Sourdough ²⁹
or Whole Wheat ³⁰ | Banana Nut Bread ⁴²

Sides and Starches

Avocado* | Sliced Tomatoes* | Cottage Cheese*
Potatoes O'Brien ³⁴ | Refried Beans ²⁴ | White Rice ³⁴

See Drinks, Dessert and Snack
selections for options served all meals.



Omelet

Choice of:

Three Eggs | Egg Whites

Breakfast Protein (see list)

Cheese*

Cheddar | Monterey Jack
Low-sodium Swiss

Vegetables*

Bell Peppers
Jalapeño Peppers
Green Onion | Mushrooms
Spinach | Tomatoes

Omelets
available
all day

Breakfast Tacos

Scrambled Egg, Cheddar
and Monterey Jack Cheese
in a Flour Tortilla with:

- 1 Smoked Bacon ¹⁴
- 2 Refried Beans
and Potatoes O'Brien ³⁴

Ask for homemade salsa*

Breakfast Sandwiches

Over Hard Egg with:

- 1 Smoked Bacon and
American Cheese on
a Toasted Croissant ³⁵
- 2 American Cheese on
a Toasted Croissant ³⁵
- 3 Ham and Monterey Jack
Cheese on a Toasted
Sourdough English Muffin ³¹

Lunch and Dinner

Choose from a variety of foods, all prepared with high-quality ingredients.

Soups

Made from scratch

Baked Potato ³⁰
Home-style Herb Chicken Noodle ¹⁴
Garden Vegetable ¹⁸ | Texas Chili ²⁶

Ask about
our Soup
Specials

Salads

Try our chef's homemade
or assorted Ken's dressings

Small Salad - Garden ⁵ | Caesar ¹⁰

Chicken Caesar Salad ²⁵

Grilled chicken breast, crisp romaine lettuce,
tomatoes, shredded Parmesan cheese and croutons

Fresh Fruit Platter ⁴⁰

Assorted seasonal fresh fruit and berries,
served with cottage cheese

Turkey Cobb Salad ⁶

Fresh garden mixed greens, feta cheese,
low-sodium turkey, diced tomatoes, smoked
bacon, English cucumber and hard boiled egg



Sandwiches
are served
with a dill
pickle spear

Build Your Own Sandwich

Toasted by request

BREADS

Croissant ³³ | French Baguette ³³ | Pita ⁴⁰ | Sliced White ¹⁶
Sliced Whole Wheat ¹³ | White Bun ³³ | Whole Wheat Bun ⁵²

MEATS

Smoked Bacon | Boar's Head Ham or Turkey
Egg Salad* | Tuna Salad ⁸ | Chicken Salad ⁷

BOAR'S HEAD CHEESES*

American | Cheddar | Low-sodium Swiss
Monterey Jack | Provolone

Sandwich Fixings

Leaf Lettuce* | Tomato* | Red Onion* | Dill Pickle Chips*
Avocado* | Mayonnaise | Mustard
Roasted Red Pepper Hummus ⁸ | Peanut Butter ¹⁰
Assorted Natural Jams ³⁷ and Honey ¹⁵ | Sugar-free Jellies ¹²

Hot Off the Grill

Served on locally baked breads, with
French Fries ⁺³⁵ or Sweet Potato Fries ⁺³⁸

BURGERS:

Black Angus Beef ³³
Turkey ³⁵
Black Bean Burger ⁴⁹
Grilled Chicken Sandwich ³³

Hot Dog ²⁵

Boar's Head 100% beef

Philly Cheese Steak ³¹

Sliced ribeye steak with
onions, bell peppers and
provolone cheese

Grilled Cheese ³⁴

Classic American Cheese

Soy Ginger Chicken Wrap ⁷⁶

Grilled chicken glazed in soy
ginger sauce with crispy
cauliflower and a citrus slaw

Chicken Fingers ²⁰

Lightly breaded chicken
tenders

Sides and Chips

Avocado*

Carrot and Celery Sticks*

Sliced Tomatoes* and
Seedless Cucumbers*

Dill Pickle Spear*

Kalamata | Black Olives*

Citrus Brussels Sprouts Slaw ¹¹

Potato Salad ¹⁷ | Cottage Cheese* ¹⁶

Hummus - Regular ¹⁶

Roasted Red Pepper Hummus ¹⁷

Pita Chips ⁴⁰

Goldfish Crackers ¹⁴

Potato Chips - Plain ²³ | Baked ²⁶

Jalapeno Cheddar ²⁷

Popcorn - Sea Salt ¹² | White Cheddar ¹⁵

Pretzels ⁴⁷ | Sun Chips ²⁷

Please note the **orange numbers** next to food items indicate the total grams of carbs in each item.

Food items marked with an **asterisk** * indicates less than 5 carbs

Please place orders between 11 a.m. and 9 p.m.

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Our team works hard to ensure your meals taste great and are good for you.

Entrées

Carbs will vary based on sides selections

Chicken Fried Chicken ⁷⁰

Buttermilk battered fried chicken with mashed
potatoes, tarragon green beans and country gravy

Roasted Turkey Plate ⁴⁰

Roasted turkey with roasted fingerlings and snap pea
hash with corn and red pepper with giblet gravy

Brisket Meatloaf ⁶¹

Chopped beef brisket BBQ au jus, mashed potatoes
and steamed corn

Grilled Sirloin Steak ³³

Well done sirloin steak with mashed potatoes
and asparagus mushroom and tomato ragout
with chimichurri sauce

Grilled Salmon Bowl ²⁰

Fresh Atlantic salmon with quinoa pilaf and
steamed asparagus with basil pesto

Stir Fry Shrimp Bowl

Soy ginger shrimp tossed with mushrooms,
broccoli, onion, bell peppers, pineapple and
white ⁴⁹ or brown rice ³⁸

Redfish Cooked Your Way

Cajun-baked ⁵⁵ or poached ⁵⁴ with choice of sauce,
macaroni and cheese and steamed broccoli

Spaghetti

Meat sauce on regular ⁴⁴ or wheat spaghetti ⁴⁷
Marinara sauce on regular ⁴⁷ or wheat spaghetti ⁵⁰
with sauteed spinach

Grilled Chicken Fettuccini Alfredo ⁶¹

Lightly seasoned grilled chicken breast with
creamy cheesy pasta and broccoli

Loaded baked potato ⁸⁴

Potato with chopped beef, bacon, green onion,
chives and steamed broccoli

Breads

Cornbread ³² | Crackers* | Croissant ³³

Dinner Roll - White ²⁵ | Whole Wheat ²⁹

Parmesan Garlic Bread ¹³ | Banana Nut Bread ⁴²

Ask
about our
Seasonal Chef
Specials and
Sauces

Personal Pizza

Cheese ¹¹⁰
Margherita ¹¹¹
Turkey Pepperoni ¹¹¹

Vegetables

STEAMED

Asparagus* | Broccoli ⁸
Carrots ⁹ | Kernel Corn ¹⁶

SEASONED

Tarragon Green Beans ¹²
Mushrooms ⁷

Snap Peas, Red Pepper ⁹
and Corn Succotash

Asparagus Mushroom*
and Tomato Ragout
Sautéed Spinach ⁵

Starches

Potato - Baked ⁴² | Mashed ²³
Baked Sweet Potato ³⁶
Roasted Fingerling Potatoes ²⁹
Brown ²¹ | White Rice ³⁴
Quinoa Pilaf ¹⁵

Cornbread Dressing ¹⁶
Macaroni and Cheese ³⁸
Black ²⁷ | Garbanzo ¹²
Pinto ²⁴ | Refried Beans ²⁴

Protein

Sauteed Tofu with Garlic*
Egg Salad* | Tuna Salad ⁸
Chicken Salad ⁷