

## Ordering

Breakfast: 7 - 9 AM  
Lunch: 11 AM - 1 PM  
Dinner: 4 - 5 PM

When ordering, please dial extension 6255. After placing your order, you can expect your meal to arrive within 45 minutes. Please remember, the nursing staff is available to assist you with menu selections during your stay.

## Guest Meals

Lucas County Health Center offers guest meals for delivery to the patient rooms. Guests may order items from the patient menu at the following cost:

**Breakfast: \$3 • Lunch: \$5 • Dinner: \$5**

Each meal includes one entree selection (excluding breakfast) and the side dishes and/or dessert you would like to enjoy with your meal.

The envelope with the price of the meal will be placed on your guest tray for payment.

Guests are also welcome to visit the hospital cafeteria between 7:30 AM and 5 PM.

## About Your Diet

### *Cardiac Diet:*

*This diet is beneficial for the treatment and prevention of heart disease. The diet is low fat, low cholesterol, low sodium and limits caffeine. Fried, fatty and salty foods such as ham, bacon, sausage, cream sauces, whole milk, whole milk cheeses, salt and caffeinated beverages are limited.*

Your 100% satisfaction is our number one goal. If, for any reason, our meal service does not meet your expectations, please call the Dietary Manager at extension 3206 and let us know how we can better serve you, our guest.

**When deciding what to have for your meal, please make one entree selection from the Lunch & Dinner menu selections for the day.**



# Cardiac Diet

Room Service Menu

*When ordering, please dial extension 3244.  
After placing your order, you can expect  
your meal to arrive within 45 minutes.*



# Breakfast

## Entrees:

French Toast  
Pancake

Eggs *(fried, poached, scrambled, or boiled)*

Omelet *(choice of cheese, onion, green pepper, mushroom, or combo)*

<u>Sides:</u>	<u>Breads:</u>	<u>Hot Cereal:</u>	<u>Cold Cereal:</u>
Hash Browns	Toast <i>(white/wheat)</i>	Oatmeal	Cheerios
	English Muffin	Cream of Wheat	Corn Flakes
	Bagel		Raisin Bran
			Rice Krispies

## Fruit/Yogurt: (served all day)

Fresh Fruit *(apple, banana, grapes, orange, prunes, seasonal fruit)*

Canned Fruit *(applesauce, fruit mix, peaches, pears, mandarin oranges)*

Yogurt *(variety available)*

# Condiments

Syrup	Sugar	<u>Salad Dressing:</u>
Peanut Butter	Splenda	Ranch <i>(Fat Free)</i>
Jelly	Brown Sugar	French <i>(Fat Free)</i>
Honey	Cinnamon/Sugar	Italian <i>(Fat Free)</i>
Sour Cream <i>(Lite)</i>	Creamer <i>(Non-Dairy)</i>	Raspberry Vinaigrette
Ketchup	Cream Cheese <i>(Lite)</i>	<i>(Fat Free)</i>
Mustard	Mrs. Dash Seasoning	
Margarine	Pepper	
Mayonnaise <i>(Lite)</i>	Tartar Sauce <i>(Lite)</i>	
Miracle Whip <i>(Lite)</i>	Parmesan Cheese	

# Lunch & Dinner

## Entrees:

Roasted Pork Loin	Parmesan Herb Tilapia
Roasted Beef	Potato Crusted Cod
Roasted Turkey	Baked Chicken Strips
Chef Salad	Grilled Chicken Breast

## Side Dishes:

Mashed Potatoes	Baked Potatoes	Oven Brown Potatoes
Gravy <i>(2 tablespoons)</i>	Hash Browns	Seasoned Rice

## Low Salt Soup:

*(served with crackers)*

Potato	Chicken Noodle	Beef Broth
Tomato	Garden Vegetable	Chicken Broth

## Pasta:

Spaghetti *(with meat sauce)*

## Side Vegetables/Salads:

Veggie plate w/dip	Corn	Pasta Salad
Broccoli	Peas	Tossed Green Salad
Carrots	Pickled Beets	
Green Beans	Plain Gelatin	
California Blend	Cottage Cheese	

# Beverages

Coffee <i>(Reg. or Decaf)</i>	Variety Pop <i>(Reg/Diet)</i>	Cranberry Juice
Hot Tea <i>(Reg. or Decaf)</i>	Apple Juice	Prune Juice <i>(Hot/Cold)</i>
Iced Tea <i>(Sweet/Unsweet)</i>	Grape Juice	Hot Chocolate
Milk <i>(Skim, Skim Choc.)</i>	Orange Juice	Crystal Light

# From The Grill

## From the Grill:

French Dip  
Grilled Chicken  
Hamburger  
Breaded Fish *(light)*

## From the Deli:

Peanut Butter & Jelly  
Turkey  
Roast Beef

## Bread Choices:

White/Wheat Bread  
Dinner Roll  
Bread Stick  
Hamburger Bun  
Hoagie Bun

## Toppings:

Tomatoes  
Lettuce  
Onions

# Desserts & Snacks

Cookies *(Graham Cracker, Lorna Doone)*

Sherbet *(Orange, Rainbow)*

Gelatin *(Strawberry, Orange)*

Italian Ice *(Strawberry, Lemon)*

Angel Food Cake

Popcorn

Yogurt *(Vanilla)*



*Cardiac Diet*