

## 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

### *Consistent Carbohydrate Diet:*

*This diet is the basis for helping control blood sugar for people with diabetes. Eating a consistent amount of carbohydrates at each meal aids in controlling the amount of glucose (sugar) in the blood stream. One carbohydrate choice contains an average of 15 grams of carbohydrates. For most individuals in the hospital, nutritional needs can be met by choosing 3-5 of the carbohydrates at each meal.*

### *General Recommendations:*

*For women: 3-4 carbohydrates at each meal  
For men: 4-5 carbohydrates at each meal*

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.**



# Consistent Carbohydrate 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 *(1 slice =1)*

Pancake *(2 - 4" round cakes = 2)*

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

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

### Sides:

Bacon

Hash

Browns *(1)*

### Breads:

Toast *(white/wheat)(1)*

English

Muffin *(2)*

Muffin*(variety)(2)*

Bagel *(1)*

### Hot Cereal:

Oatmeal *(1)*

Cream of

Wheat *(1)*

### Cold Cereal:

Cheerios *(1)*

Corn

Flakes *(1)*

Raisin Bran*(2)*

Rice

Krispies *(1)*

### Fruit/Yogurt: (served all day)

Fresh Fruit *(apple (1), ½ banana (1), grapes (1), orange (1), prunes (1), seasonal fruit (1))*

Canned Fruit *(applesauce, fruit mix, peaches, pears, mandarin oranges) (1)*

Yogurt *(variety available) (1)*

## Condiments

Syrup *(diet)*

Peanut Butter

Jelly *(diet)*

Sour Cream

Ketchup

Mustard

Margarine

Mayonnaise

Miracle Whip

Splenda

Creamer *(Non-Dairy)*

Cream Cheese

Salt

Pepper

Tartar Sauce

Parmesan Cheese

Mrs. Dash Seasoning

### Salad Dressing:

Ranch *(Regular, Fat Free)*

French *(Regular, Fat Free)*

Italian *(Regular, Fat Free)*

Thousand Island

Raspberry Vinaigrette

## Lunch & Dinner

### Entrees:

Roasted Pork Loin

Roasted Beef

Roasted Turkey

Taco Salad *(2)*

Chef Salad *(1)*

Parmesan Herb Tilapia *(1)*

Potato Crusted Cod *(1)*

Oven Breaded Chicken *(1)*

Grilled Chicken Breast

### Side Dishes:

Mashed Potatoes *(1)*

Gravy

Baked Potatoes *(2)*

Hash browns *(1)*

Oven Brown Potatoes *(1)*

Seasoned Rice *(1)*

### Soup:

*(served with crackers)*

Potato *(1)*

Chicken Noodle *(1)*

Tomato *(1)*

Garden Vegetable *(1)*

Beef Broth *(0)*

Chicken Broth

### Pasta:

Macaroni & Cheese *(3)*

Spaghetti *(3)*

Chicken Alfredo *(3)*

### Side Vegetables/Salads:

Veggie plate w/dip

Broccoli

Carrots

Green Beans

California Blend

Corn *(1)*

Peas *(1)*

Pickled Beets

Plain Gelatin

Cottage Cheese

Pasta Salad *(1)*

Tossed Green Salad

## Beverages

Coffee *(Reg. or Decaf)*

Hot Tea *(Reg. or Decaf)*

Iced Tea *(Unsweet)*

Milk *(Skim(1) , 2% (1)*

*Skim Choc. (2))*

Variety Pop *(Reg/Diet)*

Apple Juice *(1)*

Grape Juice *(1)*

Orange Juice *(1)*

Cranberry Juice *(1)*

Prune Juice*(Hot/Cold)(1)*

Hot Chocolate*(Sugarfree)(1)*

Crystal Light

V-8 Juice

## From The Grill

### From the Grill:

French Dip

Grilled Chicken

Hamburger

Cheeseburger

Grilled Cheese

Breaded Fish *(1)*

### From the Deli:

Turkey

Roast Beef

Ham

Chicken Salad

BLT

Peanut Butter & Jelly *(diet)*

### Bread Choices:

Hamburger Bun *(2)*

Hoagie Bun *(2)*

Dinner Roll *(1)*

### Toppings:

American Cheese

Swiss Cheese

Onion

Pickles

Lettuce

Tomatoes

## Desserts & Snacks

Cookies *(Chocolate Chip (1), Sugar (1), Lorna Doone (4=1))*

Ice Cream *(Vanilla, Chocolate, Strawberry) (1)*

Sugar-Free Pudding *(Vanilla, Chocolate) (1)*

Sugar-Free Gelatin *(Orange, Strawberry)*

Sherbet *(Orange, Rainbow) (2)*

Italian Ice *(Strawberry, Lemon) (1)*

Cheese & Cracker Plate *(1)*

Angel Food Cake *(2)*

Popcorn *(3 cups = 1)*

Lite Yogurt *(1)*



*Consistent Carb Diet*