

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

Low Salt/Sodium Diet:

This diet is used to control blood pressure, fluid retention, shortness of breath, and swelling. Sodium is part of salt, therefore salt and salty foods are restricted. Foods to limit are ham, bacon, sausages (all kinds), salty canned soups, regular cheese, and prepared/packaged foods. Good choices available are foods prepared with little to no salt and lower sodium versions of soups, cheese, condiments, and seasoning.

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.



LUCAS **LC** COUNTY
HEALTH **HC** CENTER

An Affiliate of  UnityPoint Health

Low Salt/ Sodium 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>
Fried Potatoes	Toast (<i>white/wheat</i>)	Oatmeal	Cheerios
Hash Browns	English Muffin	Cream of Wheat	Corn Flakes
	Muffin (<i>variety</i>)		Raisin Bran
	Bagel		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>Regular, Fat Free</i>)
Jelly	Brown Sugar	French (<i>Regular, Fat Free</i>)
Honey	Cinnamon/Sugar	Italian (<i>Regular, Fat Free</i>)
Sour Cream	Creamer (<i>Non-Dairy</i>)	Thousand Island
Ketchup	Cream Cheese	Raspberry Vinaigrette
Mustard	Pepper	
Margarine	Tartar Sauce	
Mayonnaise	Parmesan Cheese	
Miracle Whip	Mrs. Dash Seasoning	

Lunch & Dinner

Entrees:

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

Side Dishes:

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

Low Salt Soup:

(*served with crackers*)

Potato	Tomato	Beef Broth
Chicken Noodle	Garden Vegetable	Chicken

Pasta:

Spaghetti
Chicken Alfredo

Side Vegetables/Salads:

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

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, 2%, Skim Choc.</i>)	Orange Juice	Crystal Light

From The Grill

From the Grill:

Grilled Chicken
French Dip
Hamburger
Breaded Fish

From the Deli:

Turkey
Roast Beef
Chicken Salad
Peanut Butter & Jelly

Bread Choices:

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

Toppings:

Onion
Lettuce
Tomatoes

Desserts & Snacks

Cookies (*Chocolate Chip, Sugar, Oatmeal Raisin, Lorna Doone*)

Ice Cream (*Vanilla, Chocolate, Strawberry*)

Milkshake (*Vanilla, Chocolate, Strawberry*)

Pudding (*Vanilla, Chocolate, Butterscotch*)

Sherbet (*Orange, Rainbow*)

Gelatin (*Orange, Strawberry*)

Italian Ice (*Strawberry, Lemon*)

Angel Food Cake

Variety Cream Pies

Popcorn

Yogurt (*Vanilla*)



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