

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. All ground meat will have either gravy or sauce to keep it moist to ease the chewing and swallowing.

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.



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

An Affiliate of  UnityPoint Health

Mechanical Soft 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, mushroom, or combo) (1)

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|---------------|------------------------|--------------------|---------------------|
| <u>Sides:</u> | <u>Breads:</u> | <u>Hot Cereal:</u> | <u>Cold Cereal:</u> |
| Hash | Toast (white/wheat)(1) | Oatmeal (1) | Cheerios (1) |
| Browns(1) | English Muffin (2) | Cream of Wheat (1) | Corn Flakes (1) |
| | | Rice | Krispies(1) |

Fruit/Yogurt: (served all day)

- Fresh Fruit (1/2 banana (1), prunes (1))
- Canned Fruit (applesauce, fruit mix, peaches, pears, mandarin oranges)(1)
- Yogurt - lite (variety available)(1)

Condiments

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| Syrup (diet) | Splenda | <u>Salad Dressing:</u> |
| Peanut Butter | Creamer (Non-Dairy) | Ranch (Regular, Fat Free) |
| Jelly (diet) | Cream Cheese | French (Regular, Fat Free) |
| Sour Cream | Salt | Italian (Regular, Fat Free) |
| Ketchup | Pepper | Thousand Island |
| Mustard | Tartar Sauce | Raspberry Vinaigrette |
| Margarine | Parmesan Cheese | |
| Mayonnaise | Mrs. Dash Seasoning | |
| Miracle Whip | | |

Lunch & Dinner

Entrees: (ground or flake)

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|-------------------|---------------------------|
| Roasted Pork Loin | Parmesan Herb Tilapia (1) |
| Roasted Beef | Potato Crusted Cod (1) |
| Roasted Turkey | Oven Breaded Chicken (1) |
| | Grilled Chicken Breast |

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|---------------------|-------------------------|
| Mashed Potatoes (1) | Hash browns (1) |
| Gravy | Oven Brown Potatoes (1) |
| Baked Potatoes (2) | Seasoned Rice (1) |

Soup:

(served with

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|--------------------|----------------------|---------------|
| Potato (1) | Tomato (1) | Beef Broth |
| Chicken Noodle (1) | Garden Vegetable (1) | Chicken Broth |

Pasta:

- Macaroni & Cheese (3)
- Spaghetti (with meat sauce) (3)
- Chicken Alfredo (3)

Side Vegetables/Salads:

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|-------------|------------------|
| Broccoli | California Blend |
| Carrots | Peas (1) |
| Green Beans | Cottage Cheese |

Beverages

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|-------------------------|------------------------|--------------------------|
| Coffee (Reg. or Decaf) | Variety Pop (Reg/Diet) | Prune Juice(Hot/Cold)(1) |
| Hot Tea (Reg. or Decaf) | Apple Juice (1) | Hot Chocolate(Sugarfree) |
| Iced Tea (Unsweet) | Grape Juice (1) | (1) |
| Milk (Skim(1), 2%(1) | Orange Juice (1) | Crystal Light |
| Skim Choc. (2) | Cranberry Juice (1) | V-8 Juice |

From The Grill

From the Grill: (ground or flake)

- French Dip
- Grilled Chicken
- Hamburger
- Cheeseburger
- Grilled Cheese
- Breaded Fish (1)

From the Deli: (ground)

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|--------------|-----------------------|
| Turkey Roast | Chicken Salad |
| Beef | BLT |
| | Peanut Butter & Jelly |

Bread Choices:

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| Hamburger Bun (2) | Bread Stick (2) |
| Hoagie Bun (2) | White/Wheat Bread (2) |
| Dinner Roll (1) | |

Toppings:

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|-----------------|----------|
| American Cheese | Pickles |
| Swiss Cheese | 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)
- Angel Food Cake (2)
- Lite Yogurt (1)
- Ice Cream (1)



Mechanical Soft Consistent Carb Diet