

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.



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)

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

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)

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

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

Soup:

Potato (1)	(served with	Beef Broth
Chicken Noodle (1)	Tomato (1)	Chicken Broth
	Garden Vegetable (1)	

Pasta:

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

Side Vegetables/Salads:

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

Beverages

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)

Turkey	Chicken Salad
Roast	BLT
Beef	Peanut Butter & Jelly

Bread Choices:

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

Toppings:

American	Pickles
Cheese	Lettuce
Swiss Cheese	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)



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