

## 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

### *Mechanical Soft General Diet:*

*This diet has no restrictions. Patient can select from a wide variety of options from the menu. All ground meat will have either gravy or sauce to keep it moist to ease the chewing and swallowing.*

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 General 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

Biscuits and Sausage Gravy

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

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

## Sides:

Sausage (*ground*)

Fried Potatoes

Hash Browns

## Breads:

Toast (*white/wheat*)

English Muffin

Muffin (*variety*)

## Hot Cereal:

Oatmeal

Cream of

Wheat

## Cold Cereal:

Cheerios

Corn Flakes

Rice Krispies

## Fruit/Yogurt: (served all day)

Fresh Fruit (*banana, prunes*)

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

Yogurt (*variety available*)

# Condiments

Syrup

Peanut Butter

Jelly

Honey

Sour Cream

Ketchup

Mustard

Margarine

Mayonnaise

Miracle Whip

Sugar

Splenda

Brown Sugar

Cinnamon/Sugar

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: (ground or flake)

Roasted Pork Loin

Roasted Beef

Roasted Turkey

Chicken Strips

Parmesan Herb Tilapia

Potato Crusted Cod

Oven Breaded Chicken

Grilled Chicken Breast

## Side Dishes:

Mashed Potatoes  
Gravy

Baked Potatoes

French Fries  
Hash Browns

Oven Brown Potatoes  
Seasoned Rice

## Soup:

(*served with crackers*)

Potato

Chicken Noodle

Tomato

Garden Vegetable

Beef Broth

Chicken Broth

## Pasta:

Macaroni & Cheese

Spaghetti

Chicken Alfredo

## Side Vegetables/Salads:

Broccoli

Carrots

Green Beans

California Blend

Peas

Plain Gelatin

Cottage Cheese

Pasta Salad

# Beverages

Coffee (*Reg. or Decaf*)

Hot Tea (*Reg. or Decaf*)

Iced Tea (*Sweet or Unsweet*)

Milk (*Skim, 2%, Skim Choc.*)

Variety Pop (*Reg/Diet*)

Apple Juice

Grape Juice

Orange Juice

Cranberry Juice

Prune Juice (*Hot/Cold*)

Hot Chocolate

Crystal Light

V-8 Juice

# From The Grill

## From the Grill: (ground or flake)

French Dip

Grilled Chicken

Hamburger

Cheeseburger

Breaded Fish

Grilled Cheese

## From the Deli: (ground)

Turkey

Roast Beef

Ham

Chicken Salad

Peanut Butter & Jelly

## Bread Choices:

Hamburger Bun

Croissant

Dinner Roll

Bread Stick

White/Wheat Bread

## Toppings:

American Cheese

Swiss Cheese

# Desserts & Snacks

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

Milkshake (*Vanilla, Chocolate, Strawberry*)

Ice Cream (*Vanilla, Chocolate, Strawberry*)

Pudding (*Vanilla, Chocolate, Butterscotch*)

Sherbet (*Orange, Rainbow*)

Gelatin (*Orange, Strawberry*)

Italian Ice (*Strawberry, Lemon*)

Angel Food Cake

Variety Cream Pies

Yogurt (*Vanilla*)



*Mechanical Soft General Diet*