

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 Residue/ Low Fiber:

This diet is used for those with gastrointestinal (stomach) problems. It provides foods that are easy to digest, soft in texture, low in fiber, mildly seasoned and easy to chew. High fiber foods, nuts and seeds are not included.

Soft Diet:

This diet can also be useful after surgery or for those with some chewing and/or gastrointestinal (stomach) problems. This diet is moderately low in fat and avoids foods high in fiber. Highly seasoned foods are also not included.

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.



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

An Affiliate of  UnityPoint Health

Mechanical Soft Low Residue/Low Fiber/Soft 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 (*poached, scrambled, or boiled*)
- Omelet (*cheese*)

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

Fruit/Yogurt: (served all day)

- Fresh Fruit (*banana*)
- Canned Fruit (*applesauce, fruit mix, peaches, pears, mandarin oranges*)
- Yogurt (*vanilla*)

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 | Creamer (<i>Non-Dairy</i>) | Italian (<i>Regular, Fat Free</i>) |
| Sour Cream | Cream Cheese | Thousand Island |
| Ketchup | Salt/Pepper | Raspberry Vinaigrette |
| Mustard | Tartar Sauce | |
| Margarine | Parmesan Cheese | |
| Mayonnaise | Mrs. Dash Seasoning | |

Lunch & Dinner

Entrees: (ground or flake)

- | | |
|-------------------|------------------------|
| Roasted Pork Loin | Potato Crusted Cod |
| Roasted Beef | Oven Breaded Chicken |
| Roasted Turkey | Grilled Chicken Breast |

Side Dishes:

- Mashed Potatoes
- Gravy
- Baked Potatoes (*Skinless*)
- Hash Browns

Soup:

(served with crackers)

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|----------------|------------------|---------------|
| Potato | Tomato | Beef Broth |
| Chicken Noodle | Garden Vegetable | Chicken Broth |

Pasta:

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

Side Vegetables/Salads:

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|---------------|----------------|
| Carrots | Plain Gelatin |
| Green Beans | Cottage Cheese |
| Peas | Pasta Salad |
| 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 | Hot Chocolate |
| Iced Tea (<i>Sweet or Unsweet</i>) | Grape Juice | Crystal Light |
| Milk (<i>Skim, 2%, Skim Choc.</i>) | Orange Juice | V-8 Juice |

From The Grill

From the Grill: (ground or flake)

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|-----------------|----------------|
| French Dip | Cheeseburger |
| Grilled Chicken | Grilled Cheese |
| Hamburger | |

From the Deli: (ground)

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

Bread Choices:

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|---------------|-------------|
| Hamburger Bun | Bread Stick |
| Dinner Roll | White Bread |

Toppings:

- American Cheese
- Swiss Cheese

Desserts & Snacks

- Cookies (*Chocolate Chip, Sugar, Lorna Doone*)
- Milkshake (*Vanilla, Chocolate*)
- Ice Cream (*Vanilla, Chocolate*)
- Pudding (*Vanilla, Chocolate, Butterscotch*)
- Sherbet (*Orange, Rainbow*)
- Gelatin (*Orange, Strawberry*)
- Italian Ice (*Strawberry, Lemon*)
- Cheese & Cracker Plate
- Angel Food Cake
- Variety Cream Pies
- Yogurt (*Vanilla*)



Mechanical Soft Low Residue Low Fiber Soft Diet