

Cardiac Diet

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.

Breakfast

Entrées:

French Toast

Pancake

Eggs

(fried, poached, scrambled, or boiled)

Omelet

(choice of cheese, onion, mushroom, green pepper, or combo)

Hot & Cold Cereals:

Oatmeal

Cream of Wheat

Cheerios

Corn Flakes

Raisin Bran

Rice Krispies

Sides:

Hash Browns

Breads:

Toast

(white/wheat)

English Muffin

Bagel



Fruit:

Fresh Fruit

(apple, banana, grapes, orange, prunes, strawberries, seasonal fruit)

Canned Fruit

(applesauce, fruit mix, peaches, pears, mandarin oranges)

Fruit served all day

Beverages

Coffee *(Reg. or Decaf)*

Hot Tea *(Reg. or Decaf)*

Iced Tea *(Sweet/Unsweet)*

Milk *(Skim, Skim Choc.)*

Variety Pop *(Reg/Diet)*

Apple Juice

Grape Juice

Orange Juice

Cranberry Juice

Prune Juice *(Hot/Cold)*

Hot Chocolate

Crystal Light

Condiments

Syrup

Peanut Butter

Jelly

Honey

Sour Cream *(Lite)*

Ketchup

Mustard

Margarine

Mayonnaise *(Lite)*

Miracle Whip *(Lite)*

Sugar

Splenda

Brown Sugar

Cinnamon/Sugar

Creamer *(Non-Dairy)*

Cream Cheese *(Lite)*

Pepper

Tartar Sauce *(Lite)*

Mrs. Dash Seasoning

Parmesan Cheese

Salad Dressing:

Ranch *(Fat Free)*

French *(Fat Free)*

Italian *(Fat Free)*

Raspberry Vinaigrette
(Fat Free)

Lunch & Dinner

Entrees:

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

Side Vegetables & Salads:

Veggie Plate w/Dip	Peas
Broccoli	Pickled Beets
Carrots	Plain Gelatin
Green Beans	Cottage Cheese
California Blend	Pasta Salad
Corn	Tossed Green Salad

Low Salt Soup:

Potato
Chicken Noodle
Tomato
Garden Vegetable
Beef Broth
Chicken Broth

Side Dishes:

Mashed Potatoes
Gravy (*2 tablespoons*)
Hash Browns
Oven Brown Potatoes
Seasoned Rice
Baked Potatoes

Pasta:

Spaghetti (with
meat sauce)

From the Grill

From the Grill:

French Dip
Grilled Chicken
Hamburger
Breaded Fish (*Light*)

From the Deli:

Turkey
Roast Beef
Peanut Butter & Jelly

Bread Choices:

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

Toppings:

Pickles
Lettuce
Tomatoes

Desserts & Snacks

Cookies

(*graham cracker, lorna doone*)

Sherbet

(*orange, rainbow*)

Gelatin

(*orange, strawberry*)

Italian Ice

(*strawberry, lemon*)

Angel Food Cake

Popcorn

Yogurt

(*vanilla*)

About Cardiac Diet

This diet is beneficial for the treatment and prevention of heart disease. The diet is low fat, low cholesterol, low sodium and limits caffeine. Fried, fatty and salty foods such as ham, bacon, sausage, cream sauces, whole milk, whole milk cheeses, salt and caffeinated beverages are limited.

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.

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.

