

# Low Salt/Sodium 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.*

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# Breakfast

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## 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:

Fried Potatoes

Hash Browns

## Breads:

Toast

*(white/wheat)*

English Muffin

Muffin

*(variety available)*

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*

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# Beverages

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Coffee *(Reg. or Decaf)*

Hot Tea *(Reg. or Decaf)*

Iced Tea *(Sweet/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

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# Condiments

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Syrup

Peanut Butter

Jelly

Honey

Sour Cream

Ketchup

Mustard

Margarine

Mayonnaise

Miracle Whip

Sugar

Splenda

Brown Sugar

Cinnamon/Sugar

Creamer *(Non-Dairy)*

Cream Cheese

Pepper

Tartar Sauce

Mrs. Dash Seasoning

Parmesan Cheese

Salad Dressing:

Ranch *(Regular, Fat Free)*

French *(Regular, Fat Free)*

Italian *(Regular, Fat Free)*

Thousand Island

Raspberry Vinaigrette

# Lunch & Dinner

## Entrees:

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

## Side Vegetables & Salads:

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

## Soup:

Potato  
Chicken Noodle  
Tomato  
Garden Vegetable  
Beef Broth  
Chicken Broth

## Side Dishes:

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

## Pasta:

Spaghetti  
Chicken Alfredo

# From the Grill

## From the Grill:

French Dip  
Grilled Chicken  
Hamburger  
Breaded Fish

## From the Deli:

Turkey  
Roast Beef  
Chicken Salad  
Peanut Butter & Jelly

## Bread Choices:

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

## Toppings:

Onion  
Lettuce  
Tomatoes

# Desserts & Snacks

## Cookies

(chocolate chip, sugar, oatmeal raisin, lorna doone)

## Milkshake

(vanilla, chocolate, strawberry)

## Pudding

(vanilla, chocolate, butterscotch)

## Ice Cream

(vanilla, chocolate, strawberry)

## Sherbet

(orange, rainbow)

## Gelatin

(orange, strawberry)

## Italian Ice

(strawberry, lemon)

## Angel Food Cake

## Cream Pie

(variety available)

## Popcorn

## Yogurt

(vanilla)

# Low Salt/Sodium Diet

*This diet is used to control blood pressure, fluid retention, shortness of breath, and swelling. Sodium is part of salt, therefore salt and salty foods are restricted. Foods to limit are ham, bacon, sausages (all kinds), salty canned soups, regular cheese, and prepared/packaged foods. Good choices available are foods prepared with little to no salt and lower sodium versions of soups, cheese, condiments, and seasoning.*

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.

