

# Mechanical Soft Low Residue/Low Fiber 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

*(poached, scrambled, or boiled)*

Omelet

*(cheese)*

## Hot & Cold Cereals:

Oatmeal

Cream of Wheat

Cheerios

Corn Flakes

Rice Krispies

## Sides:

Hash Browns

## Breads:

Toast

*(white)*

English Muffin



## Fruit:

Fresh Fruit

*(banana)*

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

Hot Chocolate

Crystal Light

V-8 Juice

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# Condiments

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Syrup

Peanut Butter

Jelly

Honey

Sour Cream

Ketchup

Mustard

Margarine

Mayonnaise

Sugar

Splenda

Brown Sugar

Cinnamon/Sugar

Creamer *(Non-Dairy)*

Cream Cheese

Salt/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

Potato Crusted Cod  
Oven Breaded Chicken  
Grilled Chicken Breast

## Side Vegetables & Salads:

Carrots  
Green Beans  
Peas  
Pickled Beets

Plain Gelatin  
Cottage Cheese  
Pasta Salad

## Soup:

Potato  
Chicken Noodle  
Tomato  
Garden Vegetable  
Beef Broth  
Chicken Broth

## Side Dishes:

Mashed Potatoes  
Gravy  
Baked Potato (*skinless*)  
Hash Browns

## Pasta:

Macaroni & Cheese  
Spaghetti (*w/ meat sauce*)  
Chicken Alfredo

# From the Grill

## From the Grill:

French Dip  
Grilled Chicken  
Hamburger  
Cheeseburger  
Grilled Cheese

## From the Deli:

Turkey  
Roast Beef  
Ham  
Chicken Salad  
Peanut Butter & Jelly

## Bread Choices:

Hamburger Bun  
Dinner Roll  
Bread Stick  
White/Wheat Bread

## Toppings:

American Cheese  
Swiss Cheese

# Desserts & Snacks

## Cookies

(chocolate chip, sugar, lorna doone)

## Milkshake

(vanilla, chocolate)

## Pudding

(vanilla, chocolate, butterscotch)

## Ice Cream

(vanilla, chocolate)

## Sherbet

(orange, rainbow)

## Gelatin

(orange, strawberry)

## Italian Ice

(strawberry, lemon)

## Angel Food Cake

## Cream Pie

(variety available)

## Yogurt

(vanilla)

# — Mechanical Soft Low Residue/Low Fiber —

## *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.**

## — 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.

