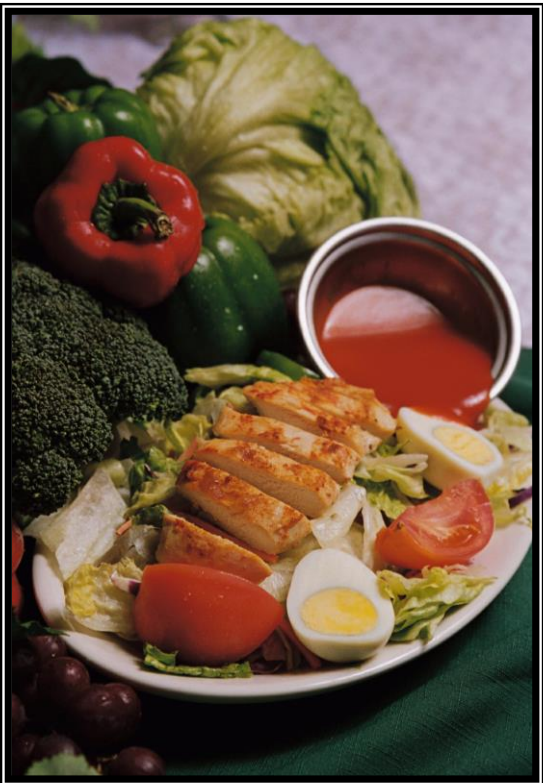


# Room Service



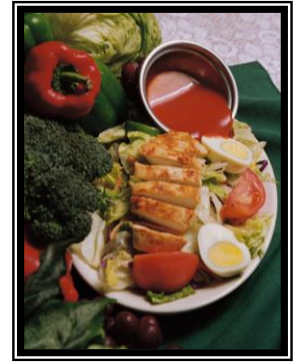
*Wyandot Memorial Hospital offers room service for delivery of meals and snacks*

- The service is available daily from 7:30 a.m. to 6:00 p.m.
- Guest trays for your family members & visitors are \$4 (1 entrée, 2 sides, salad, dessert, & beverage)
- Dial M-E-A-L (extension 6325) on your telephone to reach the hospital's kitchen, and our staff will assist you with your menu selections and answer any questions you may have



# Modified Diets

If your doctor has prescribed a modified diet, some items on the menu may not be allowed. The following guidelines may be helpful in making your selections.



## Heart Healthy Patients – low cholesterol, low sodium, low fat and no caffeine = ♥

- Choose items printed with a heart symbol
- Eat 3 well-balanced meals daily, and include
  - salt sparingly or not at all
  - 3-5 teaspoons of unsaturated fat
- up to 6 ounces of meat
- maximum of 4 eggs per week

## Diabetic Diets

- Three meals and an evening snack are recommended
- Try to eat at approximately the same time and eat the same amount of food (especially foods containing carbohydrates) at each meal
- Carbohydrate foods include grains, starchy vegetables, fruit, fruit juice, milk & sweets
- Portion sizes of the carbohydrate food items are important to control; for example, 1 cup of milk, ½ cup pasta, ½ cup oatmeal, ½ cup juice, 1 slice toast and 1 piece of fruit are correct portions
- Carbohydrate amounts are listed on our menu
- Follow one of the diabetic meal patterns as prescribed by your physician

Diabetic Meal Pattern	Carbs per meal	Carbs per evening snack
1200 calorie	40	30
1400 calorie	50	30
1600 calorie	60	30
1800 calorie	65	30
2000 calorie	70	30
2200 calorie	90	30
2500 calorie	100	30
2600 calorie	105	30

## Modified Consistency Diets - clear and full liquid, pureed & mechanical soft drinks

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• <u>Clear Liquid</u> <ul style="list-style-type: none"> <li>• Chilled Fruit Juice - cranberry, apple or grape</li> <li>• Gelatin Cup</li> <li>• Hot Broth - beef or chicken</li> <li>• Coffee - regular or decaffeinated</li> <li>• Hot Tea</li> <li>• Iced Tea</li> <li>• Popsicle</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• <u>Full Liquid</u> <ul style="list-style-type: none"> <li>• Chilled Fruit Juice - orange, cranberry, apple or grape</li> <li>• Soup - cream of potato, strained chicken noodle or low-sodium tomato</li> <li>• Hot Cereal - cream of oatmeal or cream of wheat</li> <li>• Pudding</li> <li>• Ice Cream - vanilla or chocolate</li> <li>• Milk - 2% or skim</li> <li>• Milkshakes</li> </ul> </li> </ul> |
|--|--|



## Beverages

available 7:30 a.m. – 6 p.m.

- Coffee (regular or decaffeinated)
- Hot Tea (regular or decaffeinated)
- Hot chocolate: regular (25 grams) or sugar free (8 grams)
- ♥ Crystal Light Lemonade
- Milk: 2% (10 grams), ♥ skim (10 grams) or chocolate (25 grams)
- Soft Drinks (for diabetic menu, order diet only)
  - Pepsi (regular, diet, ♥ caffeine free, ♥ caffeine free diet)
  - ♥ Sprite (regular or diet)
  - ♥ Root Beer (regular or diet)

carbohydrates = 0 grams  
0 grams  
0 grams



# Lunch & Dinner



available 11 a.m. – 6 p.m.

## SOUPS

- Chicken Noodle
- Tomato
- ♥ Potato
- ♥ Vegetable

- carbohydrates = 10 grams
- 15 grams
- 40 grams
- 15 grams

## SALADS

- ♥ Julienne Chicken Salad Plate  
*A mixture of lettuce topped with a grilled chicken breast, tomatoes, cucumbers, and shredded cheddar cheese*
- ♥ Fresh Fruit Plate  
*Fresh sliced melon (yogurt or cottage cheese on request)*
- ♥ Chef Salad  
*Chilled turkey & ham with cucumbers, tomatoes, eggs & shredded cheddar cheese on a bed of lettuce*

- 5 grams
- 50 grams
- 5 grams

Dressings available  
French  
Italian  
Ranch

- ♥ Cottage Cheese (4 grams) – peaches or pineapple on request (16 grams)

- 20 grams

## SANDWICHES

- Hamburger or Cheeseburger (American Cheese)
- Grilled Cheese
- ♥ Grilled Chicken Breast
- Fish
- BLT (white or wheat bread)
- ♥ Stacked Cold Turkey (white or wheat bread)



- 24 grams
- 30 grams
- 20 grams
- 40 grams
- 30 grams
- 30 grams

## ENTREES

- Chicken Strips
- ♥ Baked Chicken Breast
- ♥ Chopped Steak w/Mushrooms
- Meatloaf
- Spaghetti – with a breadstick (14 grams) and ♥ marinara or meat sauce
- Personal Pizza – Cheese or Pepperoni
- ♥ Baked Fish
- Chicken Parmigiana with a breadstick (14 grams) – after 4 p.m. only
- ♥ Pork Chop – after 4 p.m. only

- 15 grams
- 0 grams
- 5 grams
- 10 grams
- 28 grams
- 55 grams
- 20 grams
- 28 grams
- 0 grams

## SIDES

- ♥ Vegetable of the Day
- Rice (♥ plain or pilaf)
- Potatoes - Mashed (15 grams) or ♥ Baked (25 grams)
- French Fries
- Macaroni & Cheese
- ♥ Bread (white, rye or wheat)
- ♥ Applesauce
- ♥ Tossed Salad (French, Italian or Ranch Dressing)
- ♥ Dinner Roll



- 25 grams
- 18 grams
- 15 grams
- 15 grams
- 10 grams
- 15 grams

## DESSERTS

- Baked Apple Pie or Cherry Pie
- Sugar Free Baked Apple or Cherry Pie
- Lemon Meringue Pie
- Chocolate Chip or Sugar Cookies
- ♥ Gelatin Cup: Regular (15 grams) or Sugar Free (0 grams)
- Pudding (chocolate, vanilla, butterscotch or tapioca)
- ♥ Sugar Free Pudding (chocolate or vanilla)
- Ice cream (chocolate, strawberry or vanilla)
- ♥ Sherbet



- 55 grams
- 45 grams
- 55 grams
- 25 grams
- 25 grams
- 10 grams
- 15 grams
- 25 grams



# Breakfast

available 7:30 a.m. – 6 p.m.

## SIDES

- ♥ Melon Cup carbohydrates = 15 grams
- ♥ Assorted Yogurt (vanilla, strawberry or peach) 15 grams
- Bacon or Sausage 0 grams
- ♥ Banana 30 grams

## CEREALS

- ♥ Assorted Dry Cereals (served with milk - 10 grams)
  - Cheerios, Rice Krispies, Special K, Corn Flakes 15 grams
  - Frosted Flakes, Raisin Bran 25 grams
- ♥ Oatmeal or Cream of Wheat 15 grams

## ENTREES

- Pancakes (buttermilk or blueberry) 15 grams
  - French Toast (1 slice) 15 grams
  - Scrambled Eggs (regular or ♥ egg substitute) 0 grams
  - Omelet (cheese or ham & cheese) 0 grams
  - Breakfast Sandwich 30 grams
- An English muffin filled with scrambled egg, sausage & cheese*

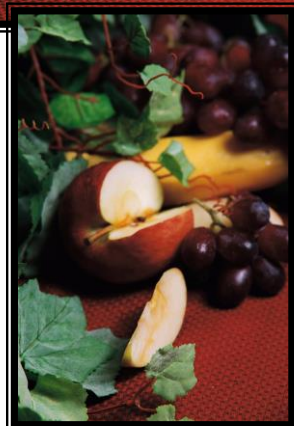


## BREADS

- ♥ English Muffin 25 grams
- Muffins – blueberry, banana nut or bran (1.8oz.=24grams, 4oz.=70grams)
- ♥ Toast (white, rye or wheat) 15 grams
- ♥ Toasted Bagel 40 grams

## JUICES

- ♥ Apple 15 grams
- ♥ Cranberry 15 grams
- ♥ Grape 20 grams
- ♥ Orange 15 grams
- ♥ Prune 25 grams
- ♥ V-8 (low salt) 10 grams



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