

LIQUID DIET

CLEAR LIQUIDS

Broth ~ Beef, Chicken, Vegetarian Vegetable

Coffee

Coffee ~ Decaf

Fruit Ice ~ Cherry, Lemon or Orange

Gelatin ~ Berry, Lemon or Orange •

Hot Tea

Hot Tea ~ Decaf

Juice ~ Apple, Cranberry, Grape

Tea ~ Sweet

Tea ~ Unsweet

Lemon Juice

Sugar

FULL LIQUIDS

All of the clear liquid menu items plus the following:

Campbell's® Cream of Chicken

Soup ~ Strained

Campbell's® Tomato Soup ~ Strained

Mashed Potatoes (Available after 10:30 a.m.)

Grits

Ice Cream ~ Chocolate •

Ice Cream ~ Vanilla •

Milk ~ 2%, Skim, Whole, Soy Lactose Free

Milk ~ Chocolate

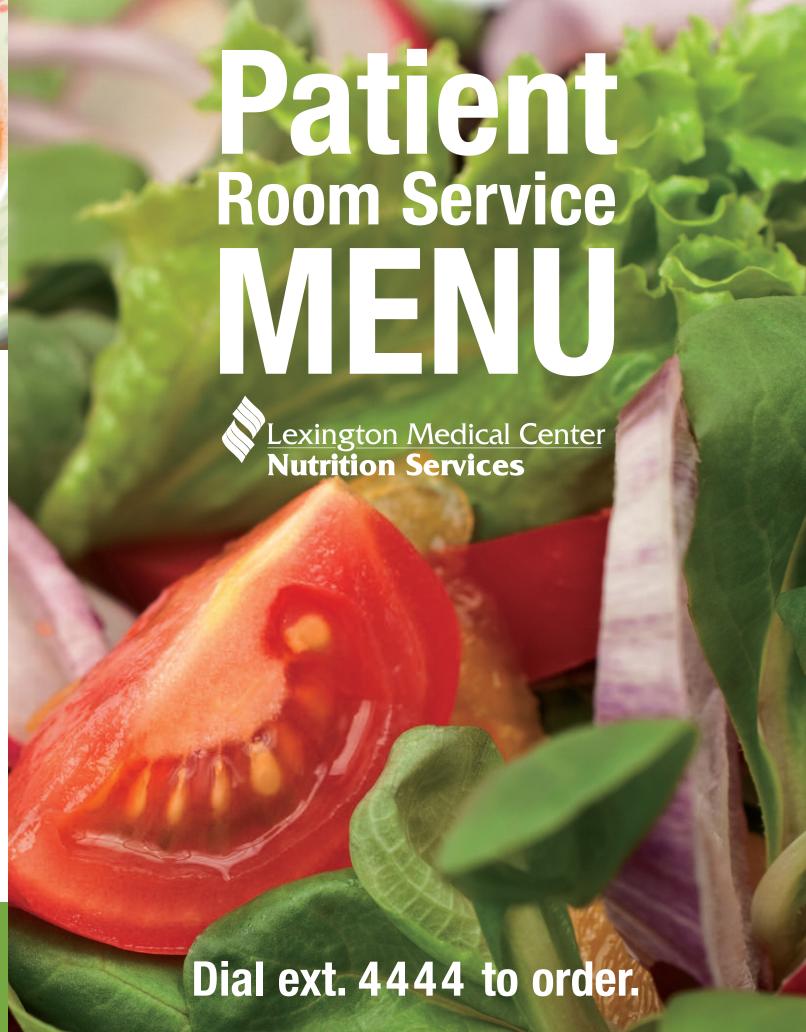
Oatmeal

Brown Sugar

Orange Juice

Lemon Wedge

Non-dairy Creamer Pudding ~ Chocolate • Sugar Substitute Pudding ~ Vanilla • Pepper Rainbow Sherbet Salt Meal requests are taken between 7:00 a.m. – 7:00 p.m. To order, please dial ext. 4444.



Lexington Medical Center is pleased to offer Room Service dining for our patients and guests. Our program allows you to select meals from an expansive menu designed for a wide variety of diet restrictions. Once you have made your selections, please call us at extension 4444. Your meal will be delivered to your room in approximately 30 minutes.

Guest meals are delivered at a charge of \$5.00 per tray. A tray may include one entrée, two side dishes, a beverage and dessert. When you receive your meal, please pay with cash or check. Room service staff cannot accept gratuities. Thank you for letting us serve you.

Meal requests are taken between 7:00 a.m. – 7:00 p.m.

BEVERAGES

COLD DRINKS

Milk ~ Skim Milk ~ 2%

Milk ~ Whole

Milk ~ Chocolate

Soy Milk

Lactose Free Milk

Coca Cola

Coca Cola ~ Diet

Coca Cola ~ Diet

Caffeine Free

Mr. Pibb

Sprite

Sprite ~ Diet

Punch

Lemonade •

Tea ~ Sweet

Tea ~ Unsweet

JUICES

Apple Cranberry

Grape

Orange Prune

Tomato

V8 Juice V8 Juice ~

Sodium Free



CONDIMENTS

Brown Sugar Butter Cranberry Sauce Honey Jelly • Ketchup Lemon

Margarine

Mayonnaise • Mrs. Dash Mustard

Non-dairy Creamer Parmesan Cheese

Peanut Butter

Pepper Raisins Relish Salt

Soy Sauce Sugar

HOT DRINKS

Coffee ~ Decaf

Tea ~ Decaf

Green Tea

Cocoa

Coffee

Tea

Sugar Substitute Syrup •

Tartar Sauce Vinegar

If you have diabetes, please notify your nurse when you order your meal. If your doctor has prescribed a special diet, some food items may be substituted. The dining service operator taking your order will advise you on the appropriate food choices.

BREAKFAST

MORNING SPECIALTIES

Bacon

Biscuit and Sausage Gravy (available until 10:30 a.m.)

Breakfast Potatoes

Buttermilk Pancakes •

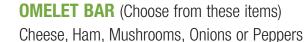
French Toast

French Toast ~ Low Cholesterol

Sausage Links

Scrambled Eggs

Scrambled Eggs ~ Low Cholesterol >



FRUIT



Apple Applesauce

Banana

Canned Peaches Canned Pears

Fresh Fruit Cup (seasonal)

Mandarin Oranges

Prunes Raisins

BREADS & BAKERY

Biscuit

Blueberry Muffin • •

Bran Muffin

Toast (white or wheat)

YOGURT **Y**

Blueberry Peach

Strawberry Vanilla (Greek)

COLD CEREALS

Cheerios Corn Flakes

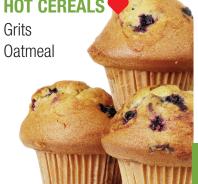
Frosted Flakes Raisin Bran

Crispy Rice Rice Chex

Bran Flakes



HOT CEREALS Grits



LUNCH & DINNER EXT. 4444

SOUP

Broth (Beef, Chicken, Vegetable) Campbell's® Chicken Noodle Campbell's® Tomato Campbell's® Vegetarian Vegetable

SALADS >

Chef Salad Fruit Plate (Seasonal) Grilled Chicken with Couscous Hummus Platter with Fresh Raw Vegetables and Pita Points

Dressings

Oil & Vinegar • ♥ Ranch • Italian • 💚 Catalina •

Thousand Island

ENTREES



Chicken or Vegetable Stir Fry with Steamed Rice

Grilled Whitefish

Pot Roast with Gravy Chicken Parmesan

Roasted Pork Loin with Cinnamon Apple Glaze

Roasted Turkey with Dressing Vegetable Lasagna

SIDES

Cabbage

Rice Marinated Bean Salad Mashed Potatoes Side Salad Cottage Cheese French Fries Broccoli Potato Chips ~ Baked Green Beans Saltines Dinner Roll Carrots Peas Corn Muffin Corn **Brown Gravy**

GRILL ITEMS

Breaded Fish Sandwich Chicken Tenders with Honey Mustard Sauce Cheeseburger Texas Grilled Cheese Grilled Chicken Sandwich Grilled Fish Sandwich Hamburger Hot Dog Black Bean Burger Individual Pizza - Cheese or

Pepperoni available



Meats

Bacon

Ham

Chicken Salad •

Tuna Salad •

Turkey 💙

Roast Beef

SANDWICHES

Bread

Croissant Sandwich •

Thins

Rye 💙 Wheat

Cheese

White

Cheddar, Swiss, American •

Trimmings

Lettuce, Onion, Pickles, Tomato

Also Available

Peanut Butter & Jelly

DESSERTS

Sweets

Angel Food Cake Homemade Apple Crisp

Carrot Cake

Chocolate Brownie • Lemon Cake •

Cookies

Chocolate Chip **Graham Crackers** Oatmeal Raisin Vanilla Wafers

Hand-Dipped Treats

Ice Cream ~ Chocolate • Ice Cream ~ Vanilla •

Rainbow Sherbet

Fruit Ice ~ Cherry, Lemon, Orange

Fruit 💙

Apple Applesauce Banana

Canned Pears Seasonal Fresh Fruit Cup

Canned Peaches Mandarin Oranges

Gelatin •

Berry, Lemon, Orange

Pudding •

Chocolate, Vanilla



This symbol represents foods that are Heart **Healthy or are prepared** or served in a heart healthy manner. If your doctor has

ordered other restrictions, you may not be able to receive all of the food items listed on your menu. Our operators will be happy to assist you with your selections and provide information pertaining to which items are available for any specific diet.

• This symbol indicates items available in regular, low-cal or fat free.