

A representative from the Food & Nutrition Services Department will visit you each day to take your menu selections based on the diet your doctor has ordered for you.

If you'd like to call and place your order, or if you have any questions for us, please call extension 2272.

SERVING TIMES

BREAKFAST

7:00 a.m. to 9:30 a.m.

LUNCH

11:00 a.m. to 1:00 p.m.

DINNER

4:30 p.m. to 6:00 p.m.

BEVERAGES

JUICES (1)

Apple, Orange, Prune, or Cranberry

MILK

Skim (1) 2% (1)
Chocolate (2)

HOT

Coffee
Decaf Coffee
Hot Tea (Black or Green)
Decaf Hot Tea (Black)
Hot Chocolate (1)
Sugar-free Hot Chocolate (1)

COLD

Iced Tea
Crystal Light® Lemonade

Numbers in (parens) are carbohydrate exchanges.

♥ Heart-healthy choices

DESSERT

GELATIN

Orange (1), Lemon (1)
or Lime (1)
Sugar-free Orange, Lemon
or Lime

PUDDING

Vanilla (2) or Chocolate (2)
Sugar-free Vanilla (1) or
Sugar-free Chocolate (1)

LIGHT YOGURT (1)

♥ Vanilla Custard
Strawberry Fruited

BAKED DESSERTS

Freshly-baked Cookie (1)
Chocolate Chip or Sugar
♥ Angel Food Cake (1)
Brownies (2)
Apple Pie (2)
Strawberry Shortcake (1)

Vanilla Wafers (1)
Graham Crackers (1)

FROZEN

Ice Cream: (1)
*Chocolate, Vanilla or
Strawberry*
Orange Sherbet (1)
Popsicle (1)
Regular or Sugar-free
Fruit Ice: (1)
Lemon or Cherry

FRUIT ♥ (1)

Fresh Fruit in Season
Banana
Canned Peaches or Pears
Applesauce
Fruit Cup

LIQUID DIETS

CLEAR LIQUID MENU

Chicken Broth	Coffee
Beef Broth	Decaffeinated Coffee
Vegetable Broth	Hot Tea (Black or Green)
Cranberry Juice	Decaffeinated Hot Tea (Black)
Apple Juice	Iced Tea
Popsicle	Sugar, Splenda, Lemon Juice
Fruit Ice: Lemon or Cherry	
Gelatin: Orange, Lemon or Lime	

FULL LIQUID DIET

Choose anything from the Clear Liquid Menu, plus:

Tomato Soup
Mushroom Soup
Cream of Chicken Soup
Cream of Wheat
Pudding: Vanilla or Chocolate
Ice Cream: Vanilla, Chocolate or Strawberry
Orange Sherbet
Orange Juice
Milk: Skim, 1% or Chocolate

If you have questions,
call 2272

7:00 a.m. – 6:00 p.m.


Mercy
MEDICAL CENTER
CENTERVILLE


Mercy
MEDICAL CENTER
CENTERVILLE

Room Service Menu



BREAKFAST

MORNING SPECIALTIES

- Scrambled Eggs
- Hash Brown Potatoes (1)
- Buttermilk Pancakes (2)
- French Toast (2)
- Bacon or Sausage Patty

Breakfast Sandwich (2)
English Muffin with Egg and choice of Sausage, Bacon, ♥ Canadian Bacon or Cheese

CREATE YOUR OWN OMELET

Prepared with your choice of:
 Cheese · Onions · Peppers · Mushrooms · Ham · Bacon · Sausage

CEREALS

- | | | |
|--------------------|--------------------|---------------------|
| COLD | | HOT |
| ♥ Cheerios® (1) | Rice Krispies® (1) | ♥ Oatmeal (1) |
| ♥ Raisin Bran® (2) | Special K® (1) | Cream of Wheat® (1) |
| ♥ Wheaties® (1) | Rice Chex (1) | Brown Sugar (0.5) |
| | Corn Flakes® (1) | Raisins (1) |

BREAKFAST BREADS & BAKERY

- White Toast (1)
- ♥ Wheat Toast (1)
- ♥ English Muffin (2)
- Cinnamon Roll (2)
- Blueberry Muffin (2)
- Biscuit (2)

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 call 2272
 7:00 a.m. – 6:00 p.m.*

*Numbers in (parens) are carbohydrate exchanges.
 ♥ Heart-healthy choices*

LUNCH & DINNER

SOUPS

- Soup of the Day *(available at lunch)*
- Chicken Noodle (1)
- Vegetable Beef (1)
- Tomato (1.5)

ENTRÉES

- Chef's Special (available at lunch)*
- ♥ Roast Turkey
- ♥ Potato-Crusted Fish (0.5)
- Meatloaf with Gravy (1)
- ♥ Grilled Chicken Breast
- ♥ Roast Beef
- ♥ Pasta with Marinara (2)
Add Meatballs, Parmesan Cheese
- Macaroni & Cheese (2)
- Cheese Ravioli (2)

ENTRÉE SALADS

- ♥ Chef Salad
- Grilled Chicken Caesar
- ♥ Cottage Cheese & Fruit Plate (2)
- Low-fat Salad Dressing: French (1) Ranch (1) Italian (1)
 ♥ Vinegar & Oil

VEGETABLES & SIDES

- French Fries (1)
- ♥ Mashed Potatoes (1)
- ♥ Red Skin Potatoes (1)
- ♥ Tossed Salad
- ♥ Cottage Cheese
- Dinner Roll (1)
- Saltines (0.5)
- ♥ Whole Green Beans
- ♥ Carrot Coins
- ♥ Broccoli Florets
- ♥ Seasoned Corn (1)
- Macaroni & Cheese (1)
- Baked Potato Chips (1.5)

LUNCH & DINNER

FROM THE GRILL

- ♥ Lean Hamburger (2)
- Cheeseburger (2)
- ♥ Black Bean Burger (3)
- Chicken Tenders (1)
- Grilled Cheese Sandwich (2)
- ♥ Grilled Chicken Sandwich (2)
- Grilled Ham & Cheese (2)

BUILD YOUR OWN SANDWICH

Select ingredients from the following list. Grilled at your request.

- | | | |
|---------------|-----------------|-------------------|
| MEATS: | CHEESES: | BREADS: |
| ♥ Turkey | American | White (1) |
| Roast Beef | Swiss | ♥ Whole Wheat (1) |
| Ham | Provolone | Croissant (2) |

EXTRAS: Lettuce · Tomato · Pickle · Sliced Onions

PERSONAL PIZZA (4)

Choose from the following toppings:

- | | | |
|--------|------------------|-------------|
| Cheese | Sausage | ♥ Onions |
| | Pepperoni | ♥ Peppers |
| | ♥ Canadian Bacon | ♥ Mushrooms |

CONDIMENTS

- | | | |
|-------------------|------------------|---------------|
| 2 Sugars (0.5) | Jelly (0.5) | Ketchup |
| Splenda® | Sugar-free Jelly | Mustard |
| Non-dairy Creamer | Syrup (2) | Miracle Whip® |
| Lemon | Sugar-free Syrup | |
| Salt/Pepper | Margarine | |
| Mrs. Dash® | Peanut Butter | |

