

# ROOM SERVICE MENU



WONDERFUL MEALS  
WITH  
YOUR HEALTH  
IN MIND



**JOHNSTON  
MEDICAL  
CENTER** Smithfield

A HEALTHIER TOMORROW BEGINS TODAY

**Meal Service Hours:** 6:30 a.m. to 6:30 p.m.  
Dial 3520 or 3521 to order your meals.

# ROOM SERVICE

**To order, call extension 3520 or 3521  
from 6:30 a.m. till 6:30 p.m.**

## **Room Service Hours**

**Breakfast: 6:30 a.m. to 6:30 p.m.**

**Lunch & Dinner: 10:30 a.m. to 6:30 p.m.**

Good nutrition will speed up your recovery and improve your health. A wide variety of healthful foods is available for breakfast, lunch and dinner. By using room service, you can select when and what you want to eat.

To help you choose wisely, our restaurant-style menu lists the amount of carbohydrates in grams for every food item and notes, with a "Y" for yes, whether it fits within the diet that your doctor has requested for you. A food service representative is available to take orders and answer questions from 6:30 a.m. till 6:30 p.m.

When you are ready to eat, please dial extension 3520 or 3521 to place your order. You may ask the staff or a family member to order for you if you're not able. Your meal will arrive within 45 minutes.

Please consult with your nurse ahead of time so that meal deliveries don't interfere with your treatment and therapy. For your safety, we will accept your menu selections after your doctor has ordered your diet.

Johnston Medical Center-Smithfield is committed to your comfort and your complete satisfaction with our food service. We are hopeful that you find our room service convenient and easy to use.

# THERAPEUTIC DIETS

If you are on a regular diet, you may order freely from the menu. However, your doctor may have placed restrictions on your diet. If so, please review the therapeutic diets featured below to determine which foods are appropriate for you. If you need help, please ask your nurse or call a food service representative at extension 3520 or 3521.

## **Heart Healthy Diet**

*A low-fat, low-cholesterol diet to help prevent fluid retention and reduce fat and cholesterol in the blood.*

Avoid foods with added salt or excessive fat. Choose fresh fruits, vegetables, lean meats, breads and cereals, and reduced fat dairy products.

## **Carbohydrate-Controlled Diabetic Diet**

*A diet to help control blood sugar. It also helps maintain or reach a desirable weight and prevents health problems caused by diabetes.*

In this diet, carbohydrates must be counted at every meal. The room service menu lists the amount of carbohydrates for all food items. Look for the numbers in grams underneath the carbs headings.

## **Renal Diet**

*Designed for dialysis and pre-dialysis patients, this diet restricts protein, sodium, potassium, phosphorus and fluids.*

Limit servings of protein foods, such as meats and dairy products. Exclude salt and processed meats. Avoid fruits and vegetables high in potassium, such as oranges, melons, bananas, potatoes and tomatoes.

## **Two-Gram Sodium Diet**

*Prevents fluid retention and may help control high blood pressure.*

Avoid table salt, biscuits and highly processed meats, such as bacon, ham and sausage.

## **Modified Consistency Diet (Soft & Mechanical Soft)**

*Prevents or reduces gastric distress for patients who have been without food.*

Choose soft, easy-to-chew foods that have limited fiber. Avoid spicy seasonings.

## **Clear Liquid Diet or Full Liquid Diet**

*Short-term diets for patients who are preparing for surgery or recovering from surgery. Also ordered for patients who have nausea, diarrhea or other gastric problems.*

## **Pureed Diet**

*Pureed food for patients who have trouble chewing or swallowing.*



# BREAKFAST

	Carb Amt.	Heart Healthy	Renal	2gm Na	Mod.
<b>Bread Basket</b>					
Blueberry Muffin	26g	Y			Y
Raisin Bran Muffin	25g	Y			
Corn Muffin	30g	Y			
Buttermilk Biscuit	30g	Y			
English Muffin	25g	Y	Y	Y	
Bagel	60g	Y	Y	Y	
Cinnamon Raisin Bagel	60g	Y	Y	Y	
Cinnamon Bun	35g	Y			
Danish	20g				

## To Start the Day

Fresh Orange	20g	Y		Y	
Whole Banana	30g	Y		Y	Y
Fresh Apple	20g	Y	Y	Y	
Fresh Fruit Cup	15g	Y		Y	
Strawberry Yogurt	15g	Y	Y	Y	Y
Vanilla Yogurt	35g	Y	Y	Y	Y
Peach Yogurt	15g	Y	Y	Y	Y
Granola	25g	Y		Y	
Raisin Bran	26g	Y		Y	
Corn Flakes	18g	Y	Y	Y	
Cheerios	15g	Y	Y	Y	
Rice Krispies	18g	Y	Y	Y	
Fruit Loops	24g	Y		Y	
Oatmeal	21g	Y	Y	Y	Y
Grits	22g	Y	Y	Y	Y

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# BREAKFAST

<b>Main Courses</b>	<b>Carb Amt.</b>	<b>Heart Healthy</b>	<b>Renal</b>	<b>2gm Na</b>	<b>Mod.</b>
Seasonal Fresh Fruit & Cottage Cheese	50g	Y	Y	Y	
Fresh Fruit, Yogurt & Granola Plate	55g	Y		Y	
Scrambled Eggs	0g	Y	Y	Y	Y
Cheese Omelet	0g				Y
Mushroom Omelet	5g	Y	Y	Y	Y
Ham & Cheese Omelet	60g				Y
Buttermilk Pancakes	35g	Y			Y
French Toast	30g	Y	Y	Y	Y
Bacon, Egg & Cheese Breakfast Sandwich	30g				

## Sides

Bacon	0g
Sausage Patty	0g
Home Fries	20g

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# LUNCH & DINNER

## Starters

### Cold

	Carb Amt.	Heart Healthy	Renal	2gm Na	Mod.
Garden Side Salad	2g	Y	Y	Y	
Fresh Veggie Sticks	10g	Y	Y	Y	
Fresh Fruit Cup	12g	Y	Y	Y	

*Dressings available: Italian, Ranch, 1000 Island, French*

### Hot

Chicken Noodle Soup	8g	Y	Y	Y	Y
Soup of the Day	Changes Daily	Y	Y	Y	Y
The Big Bowl, Entrée Sized Portion	Changes Daily	Y	Y	Y	Y
Beef, Chicken, or Vegetable Broth Bowl	0g	Y	Y	Y	Y

## Entrée Salads & Sandwiches

Grilled Chicken Caesar Salad	10g	Y			
Chef's Special Salad of the Day	Changes Daily	Y			
Assorted Fruit & Cheese Plate	50g				
Assorted Fruit & Cottage Cheese Plate	50g	Y			
Homemade Chicken Salad on Choice of Bread	30g	Y	Y	Y	Y
Homemade Tuna Salad on Choice of Bread	30g	Y	Y	Y	Y
Classic Ham & Cheese	33g				Y
Roast Turkey on Multigrain Bread	39g	Y		Y	Y
Peanut Butter & Jelly Sandwich	60g	Y	Y	Y	Y
Peanut Butter & Diet Jelly Sandwich	53g	Y	Y	Y	Y

*Condiments available: Lettuce, Tomato, Onion, Mustard, Mayo, Pickle*

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# LUNCH & DINNER

## Hot Sandwiches, Grilled Items & Pizza

	Carb Amt.	Heart Healthy	Renal	2gm Na	Mod.
Hamburger	30g	Y	Y	Y	Y
Cheeseburger	30g				Y
Garden Burger	33g	Y			Y
Chicken Fillet Sandwich	30g				
Grilled Breast of Chicken	22g	Y	Y	Y	Y
Crispy Chicken Strips	15g				
Grilled Cheese	46g				
Hot Dog	25g				
Hot Turkey Sandwich	20g	Y	Y	Y	Y

*Condiments available: Lettuce, Tomato, Onion, Mustard, Mayo, Ketchup, Pickle*

Pizza: Cheese, Pepperoni, or Vegetarian	60g				
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## Traditional Entrées

Roast Turkey with Gravy	0g	Y	Y	Y	Y
Crispy Baked Chicken	20g	Y	Y	Y	
Savory Pork Loin	10g	Y	Y	Y	
Pasta with Marinara or Meat Sauce	42g	Y			Y
Crispy Baked Cod	10g	Y	Y	Y	
Macaroni & Cheese	40g				Y
Salisbury Steak with Mushroom Gravy	14g	Y	Y	Y	Y
Vegetarian Lasagna	32g	Y	Y		Y
Beef Tips & Rice	30g	Y	Y	Y	Y

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# SIDES, DESSERTS, BEVERAGES

<b>Sides</b>	<b>Carb Amt.</b>	<b>Heart Healthy</b>	<b>Renal</b>	<b>2gm Na</b>	<b>Mod.</b>
French Fries	45g				
Mashed Potatoes with Gravy	15g	Y		Y	Y
Rice Pilaf	30g	Y	Y	Y	
Steamed Rice	30g	Y	Y	Y	
Macaroni & Cheese	20g	Y			
Baked Potato Chips	26g	Y			
Bread Dressing with Gravy	24g	Y	Y		
Oven Browned Potatoes	15g	Y		Y	
Coleslaw	5g	Y	Y		
Potato Salad	16g				
Seasoned Carrots	8g	Y	Y	Y	Y
Vegetable of the Day	Changes Daily				
Corn	15g	Y	Y	Y	
Peas	15g	Y	Y	Y	
<b>Sweets</b>					
Fresh Fruit Cup	12g	Y	Y	Y	
Vanilla Pudding	25g	Y	Y	Y	Y
Chocolate Pudding	30g	Y	Y	Y	Y
Baked Custard	20g			Y	
Gelatin	15g	Y	Y	Y	Y
Sugar Free Gelatin	0g	Y	Y	Y	Y
Ice Cream	20g			Y	Y
Sherbet	30g	Y	Y	Y	Y
Fresh Orange	20g	Y		Y	
Whole Banana	20g	Y		Y	Y
Fresh Apple	20g	Y	Y	Y	
Apple Sauce	15g	Y	Y	Y	Y
Chilled Peaches	15g	Y	Y	Y	Y
Chilled Pears	15g	Y	Y	Y	Y
Lemon Bar	35g	Y	Y	Y	
Chocolate Chip Cookies	25g	Y	Y	Y	
Sugar Cookies	25g	Y	Y	Y	
Oatmeal Cookies	25g	Y	Y	Y	
Chocolate Brownie Cupcake	25g	Y		Y	
Seasonal Fruit Shortcake	20g	Y			

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# SIDES, DESSERTS, BEVERAGES

## Juices

	Carb Amt.	Heart Healthy	Renal	2gm Na	Mod.
Orange	11g	Y		Y	Y
Apple	13g	Y	Y	Y	Y
Cranberry	14g	Y	Y	Y	Y
Grape	18g	Y	Y	Y	Y
Tomato	5g	Y			Y
Prune	20g	Y	Y	Y	Y

## Cold Beverages

Whole Milk	12g		Y	Y	Y
2% Milk	12g		Y	Y	Y
Skim Milk	12g	Y	Y	Y	Y
Chocolate Milk	22g	Y			Y
Iced Tea	21g	Y	Y	Y	Y
Unsweetened Iced Tea	0g	Y	Y	Y	Y
Ginger Ale	22g	Y	Y	Y	Y
Coke	25g	Y		Y	Y
Diet Coke	0g	Y		Y	Y
Caffeine-Free Diet Coke	0g	Y		Y	Y
Sprite	25g	Y		Y	Y
Sprite Zero	0g	Y		Y	Y
Bottled Water	0g	Y	Y	Y	Y

## Hot Beverages

Coffee	0g	Y	Y	Y	Y
Decaf Coffee	0g	Y	Y	Y	Y
Hot Tea	0g	Y	Y	Y	Y
Decaf Hot Tea	0g	Y	Y	Y	Y
Hot Chocolate	30g	Y		Y	Y
Sugar-Free Hot Chocolate	10g	Y		Y	Y

## Bread Basket

Fresh Roll	15g	Y	Y	Y	Y
Herb-Seasoned Bread Stick	15g	Y	Y	Y	Y
Country Biscuit	30g	Y			Y
Corn Muffin	30g	Y			Y
Crackers	5g				Y
Salt-Free Crackers	5g	Y	Y	Y	Y
White Bread	15g	Y	Y	Y	Y
Wheat Bread	15g	Y		Y	Y

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# MODIFIED DIETS

## Pureed Foods

### To Start The Day

Applesauce, Pureed Peaches, Pureed Pears, Pureed Bananas, Vanilla Yogurt, Oatmeal, or Grits

### Main Courses Cold

Pureed Fruit & Cottage Cheese

### Hot

Pureed Scrambled Eggs, Pureed Cheese Omelet, Pureed Pancakes, or Pureed French Toast

### Bread Basket

Pureed Country Bread

### Starters

Chicken, Beef, or Vegetable Broth Bowl  
Chicken Noodle Soup - Pureed & Strained  
Soup of the Day - Pureed & Strained

### Traditional Entrées

Pureed Roast Turkey with Gravy  
Pureed Chicken with Gravy  
Pureed Roast Beef with Gravy  
Pureed Fish  
Pureed Vegetable Lasagna

### Sides

Mashed Potatoes with Gravy  
Pureed Bread Dressing with Gravy  
Pureed Carrots  
Pureed Green Beans  
Pureed Vegetable of the Day

### Sweets

Chocolate Pudding  
Vanilla Pudding  
Gelatin  
Ice Cream  
Sherbet  
Applesauce  
Pureed Peaches  
Pureed Pears

## Full Liquid Diets

### Soup, Broth, Hot Cereal

Beef, Chicken, or Vegetable Broth  
Chicken Noodle Soup - Pureed & Strained  
Soup of the Day - Pureed & Strained  
Grits  
Oatmeal

### Juices

Orange, Apple, Grape, Cranberry, Tomato

### Cold Beverages

Coke, Diet Coke, Sprite, Sprite Zero, Ginger Ale, Sweetened or Unsweetened Iced Tea, Bottled Water

### Milk

2% Milk, Skim Milk, Whole Milk, Fat-Free Chocolate Milk

### Hot Beverages

Regular or Decaf Coffee, Regular or Decaf Tea, Hot Chocolate, Sugar-Free Hot Chocolate

### Sweets

Vanilla Yogurt	Gelatin
Chocolate Pudding	Sherbet
Vanilla Pudding	Ice Cream
Lemon Pudding	Ice Pop

## Clear Liquid Diets

### Broth Bowl

Beef, Chicken, or Vegetable

### Juices

Apple, Cranberry, Grape

### Cold Beverages

Ginger Ale, Sprite, Sprite Zero, Iced Tea, Bottled Water

### Hot Beverages

Regular or Decaf Coffee, Regular or Decaf Tea

### Sweets

Fruit Ice or Gelatin

To order, call extension 3520 or 3521.



# NOTES





A HEALTHIER TOMORROW BEGINS TODAY