

WELCOME TO
Southern Ohio Medical Center

We are proud to present to you our Room Service Program . . .



SEASONAL
SELECTIONS

Served by our courteous & helpful staff members, our goal is to provide you with the best quality food items in a timely manner. If there is anything that would make your meal service better, please contact us at Extension 6848. Your guests may wish to dine with you during their visit. For a fee, guests may order from the Room Service menu.

Ask your ambassador for details.

How Do I Place My Order?

With our program, you may choose when you want to eat, and what you want to eat. Please follow these easy steps:

- Call our room service line at Extension 6848 and a representative will take your order.
- Orders may be placed anytime between 6:45 am and 7 pm. Limited items available until midnight.
- Once your order is placed your meal will be delivered within 45 minutes.
- Many breakfast items are available throughout the entire day.
- Lunch and dinner items are available after 11 am.

If you have any questions or need assistance, dial Extension 6848 and ask them to contact your Ambassador.



Renal Diet

Your doctor has ordered a Renal Diet for you. This diet limits foods high in sodium, potassium and phosphorus. It will also provide the amount of protein that your doctor recommends.

Foods limited on this diet may include:

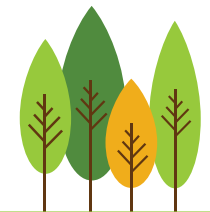
- Salty snack foods
- Cured meats
- Cheese
- Processed foods
- Canned meats
- High potassium fruits and juices (such as oranges or orange juice, bananas)
- High potassium vegetables (such as potatoes, tomatoes, tomato juice)
- Milk and milk products (including cottage cheese, yogurt, ice cream)

Occasionally, fluids may also be limited on this diet. Fluids include any food that is liquid at body temperature.

If you have questions about following a healthy diet or about your diet restrictions, please call the Room Service line (6848) and request to see a dietitian.

Room Service
MENU

Renal Diet



SEASONAL
SELECTIONS

Presented especially for you by SOMC Nutrition Services

Breakfast

Available from 6:45 am to 7 pm | Select Items available until midnight
To place your order, please dial Extension 6848

FRESH BEGINNINGS

Juices: Apple | Cranberry | Grape
Fresh Fruits: Fruit Cup | Grapes | Apple
Chilled Fruits: Applesauce | Peach Slices
Mandarin Oranges | Pineapple

CEREAL BOWL

Hot: Oatmeal | Cream of Wheat | Cream of Rice | Grits
Add on: Brown Sugar
Cold: Froot Loops

BAKER'S BASKET

Toast: Whole Wheat | White | 35 Bread | Cinnamon Swirl
Choice of: Margarine | Jelly | Diet Jelly | Cream Cheese

SOUTHERN SUNRISE *

* Available until 10:30 am

Eggs: Scrambled | Scrambled Low Cholesterol | Hard Boiled

OMELETS MADE TO ORDER

Choice of: Egg | Low Cholesterol Egg | Onions | Mushrooms
Green Peppers

PANCAKES

Served with: Maple Syrup | Sugar Free Syrup

BUILD A BREAKFAST SANDWICH

Choice of: Egg Patty
Cheese: Swiss
Bread: White ^{16gm} | Whole Wheat ^{159gm} | 35 Bread ^{89gm}
Your Choice of: Lettuce | Lite Mayo | Lite Miracle Whip | Mustard

Lunch & Dinner

Available from 11 am to 7 pm | Select Items available until midnight
To place your order, please dial Extension 6848

SOUP KETTLE

Served with unsalted crackers
Soups: Chicken Noodle

GARDEN CHOICES

Full or half portions available
Garden Side Salad | Fresh Vegetables with Dip
Grilled Chicken Salad – Tender grilled chicken strips served over mixed greens
Chopped Chef's Salad – Turkey & cheese over a bed of chopped fresh greens with egg
Dressings: Italian | Raspberry Vinaigrette
Fat Free Ranch | Fat Free Italian

SIGNATURE SELECTIONS

Dinner Roll available upon request

Choose 1 Entrée + 2 sides = a meal

Choose 1 Entrée...

Chicken Breast	Pork Loin
Home style Meatloaf	Catfish breaded or Unbreaded
Salmon	Open Face Turkey or Roast
Portsmouth Grilled Steak	Beef Sandwich with Gravy

Plus 2 Sides...

Green Beans	Seasoned Greens
Broccoli	Corn
Roasted Vegetables	Carrots
Rice Pilaf	Peas

...Or Choose From Our Chef Suggested Favorite Combinations

Italian Chicken – Marinated chicken breast served julienned and tossed with penne pasta.

Lunch & Dinner

Available from 11 am to 7 pm | Select Items available until midnight
To place your order, please dial Extension 6848

RIVER GRILL

Served on a Hoagie Roll, White or Wheat Bun
Hamburger | Grilled Chicken Breast
Your choice of: Lettuce | Sliced Onion | Lite Mayo
Lite Miracle Whip | Mustard

27TH STREET DELI

Full or half portions available

Meats: Turkey | Roast Beef

Cheese: Swiss

Bread: Whole Wheat | White | 35 Bread

Your choice of: Lettuce | Sliced Onion | Lite Mayo
Lite Miracle Whip | Mustard

SUNSET DESSERTS

Cake: Strawberry Shortcake | Angel Food

Cookies: Chocolate Chip | Sugar

Frozen Desserts: Lemon Italian Ice

Fresh Fruits: Fruit Cup | Grapes | Apple

Chilled Fruits: Applesauce | Peach Slices | Pineapple | Mandarin Oranges

BEVERAGE CART

Coffee: Regular | Decaffeinated

Tea: Regular | Green Tea | Decaffeinated | Sweetened Iced Tea
Unsweetened Iced Decaffeinated Tea

Milk: 2% | Whole | Skim

Bottled Water