

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.

Regular Diet

DIETARY GUIDELINES FOR AMERICANS

Your doctor has ordered a Regular Diet for you. This diet is not limited and you may choose foods from any category. To make sure you choose a healthy diet, you should:

- Follow a healthy dietary pattern at every life stage.
- Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations
- Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.
- Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

Your doctor may have ordered some limits to the regular diet. Use the descriptions below to help you make healthy menu choices:

High Fiber: While on this diet, you will be encouraged to choose foods that are high in fiber, such as bran cereals, fresh fruits and vegetables, and whole grain breads.

Low Residue (low fiber): While on this diet you will be allowed foods that are low in fiber, such as canned fruits and vegetables, fruit juice without pulp, white bread, low fiber cereals, tender meats and milk.

No Added Salt: While on this diet you will receive a packet of seasonings which includes many common spices and herbs in place of a salt packet.

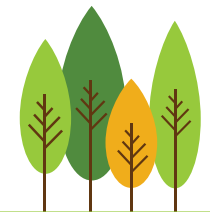
Neutrapenic (Low Microbial): While on this diet you will be allowed foods that are fully cleaned or cooked before serving. No fresh fruits or vegetables, undercooked meats or eggs will be offered.

6 Small Meals: While on this diet you will be encouraged to choose 6 smaller meals. Small portions will be provided for you.

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

Regular 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: Orange | Apple | Cranberry | Grape | Prune | V-8

Fresh Fruits: Banana | Seasonal Fruit Cup | Grapes | Apple | Orange Sections

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

Yogurt: Vanilla | Strawberry | Blueberry

Yogurt Parfait: Peach or Strawberry Parfait with Granola

CEREAL BOWL

Hot: Oatmeal | Cream of Wheat | Cream of Rice | Grits

Add on: Brown Sugar | Raisins

Cold: Corn Flakes | Cheerios | Raisin Bran

Frosted Mini Wheat | Froot Loops | Rice Chex

BAKER'S BASKET

Toast: Whole Wheat | White | 35 Bread

Cinnamon Swirl | English Muffin | Gluten-free Bread

Bagels: Plain | Cinnamon | Blueberry

Fresh from the Oven: Homemade Banana Bread

Choice of: Margarine | Jelly | Diet Jelly | Cream Cheese

Light Cream Cheese | Peanut Butter | Honey

SOUTHERN SUNRISE *

* Available until 10:30 am

Biscuit with or without Country Gravy

Eggs: Scrambled | Scrambled Low Cholesterol | Hard Boiled

OMELETS MADE TO ORDER

Choice of: Egg | Low Cholesterol Egg | Diced Ham | Bacon

Turkey Bacon | Shredded Cheddar Cheese | Onions

Mushrooms Green Peppers | Diced Tomatoes

Sides: Bacon | Turkey Bacon | Canadian Bacon

Sausage Patty | Hash Browns | Ketchup | Salsa

PANCAKES

Served with: Maple Syrup | Sugar Free Syrup

BUILD A BREAKFAST SANDWICH

Choice of: Egg Patty | Bacon | Turkey Bacon

Canadian Bacon | Sausage Patty

Cheese: American | Cheddar | Provolone | Swiss

Bread: White | Whole Wheat | 35 Bread | Bagel | Biscuit | English Muffin

Your Choice of: Lettuce | Tomato | 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 saltines or unsalted crackers

Soups: Chicken Noodle | Tomato | Vegetable

GARDEN CHOICES

Full or half portions available

Garden Side Salad | Fresh Vegetables with Dip | Cottage Cheese

Grilled Chicken Salad – Tender grilled chicken strips served over mixed greens with sliced tomatoes

Chopped Chef Salad – Ham, turkey & cheese over a bed of chopped fresh greens with egg & tomatoes

Fresh Fruit Salad – Assorted fresh seasonal fruit with your choice of cottage cheese or yogurt and a side of our homemade banana bread

Dressings: Signature Ranch | Italian | French | Raspberry Vinaigrette | Fat Free Ranch | Fat Free Italian | Fat Free French

SIGNATURE SELECTIONS

Dinner Roll available upon request

Choose 1 Entrée + 2 sides = a meal

Choose 1 Entrée...

Chicken Breast - plain or BBQ

Home style Meatloaf

Salmon - plain or BBQ

Portsmouth Grilled Steak

Pork Loin - plain or BBQ

Catfish Breaded or Unbreaded

Open Face Turkey or Roast

Beef Sandwich with Gravy

Plus 2 Sides...

Mashed Potatoes

Green Beans

Broccoli

Roasted Vegetables

Baked Sweet

Potato

Baked Potato

Rice Pilaf

Seasoned Greens

Corn

Carrots

Macaroni and Cheese

Peas

...Or Choose From Our Chef Suggested Favorite Combinations

Vegetable Plate – A vegetarian entrée with our seasonal grilled vegetables, broccoli, tomatoes and rice pilaf.

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

Spaghetti or Penne Pasta with Marinara or Meat Sauce – Served with a side salad and bread stick with or without garlic

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 | Cheeseburger | Gardenburger

Chicken Tenders | Catfish Sandwich

Grilled Chicken Breast | Grilled 3 Cheese Sandwich

Your choice of: Assorted Chips | Baked Chips | Pretzels

Lettuce | Tomato | Sliced Onion

Dill Pickle Chips | Lite Mayo | Lite Miracle Whip | Ketchup

Mustard | Honey Mustard | BBQ Sauce

27TH STREET DELI

Full or half portions available

Meats: Ham | Turkey | Roast Beef

Fillings: Tuna Salad | Chicken Salad | Peanut Butter & Jelly Sandwich

Cheese: Cheddar | American | Swiss | Provolone

Bread: Whole Wheat | White | 35 Bread | Hoagie Roll

Your choice of: Assorted Chips | Baked Chips | Pretzels

Lettuce | Tomato | Sliced Onion | Dill Pickle Chips | Lite Mayo

Lite Miracle Whip | Ketchup | Mustard | Honey Mustard | BBQ Sauce

INDIVIDUAL PIZZA

Cheese | Cheese & Pepperoni | Vegetable

SUNSET DESSERTS

Cake: Strawberry Short Cake | Angel Food Cake

Pies: Lemon Meringue | Apple | Peanut Butter

Chocolate Brownie

Cookies: Chocolate Chip | Oatmeal Raisin | Sugar

Frozen Desserts: Chocolate Ice Cream | Vanilla Ice

Cream | Lemon Italian Ice | Sherbert

Puddings: Vanilla | Chocolate

Sugar Free Pudding: Vanilla | Chocolate

Fresh Fruits: Banana | Seasonal Fruit Cup | Grapes | Apple | Orange Sections

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

Hot Chocolate: Regular | Sugar Free

Milk: 2% | Whole | Skim | Low Fat Chocolate

Soft Drinks: Assortment of Coke & Pepsi products

Bottled Water | Ginger Ale | Diet Ginger Ale