

**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.*



**Heart Healthy Diet**

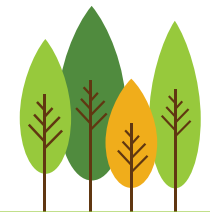
Your doctor has ordered a Low Fat/Low Cholesterol Diet for you. This diet may be used to prevent your body from making extra cholesterol that may clog the arteries in your heart or brain. This diet may also be used to treat gallbladder, liver, pancreas, or bowel diseases. Items allowed on this diet may include:

- Whole grain or enriched breads, cereal, rice and noodles
- Fresh, frozen or canned vegetables
- Fresh, frozen or canned fruits
- Fruit juices
- Nonfat milk
- Low fat or nonfat yogurt and cottage cheese
- Lean beef, pork
- Chicken or turkey without the skin
- Fresh, frozen or canned fish packed in water
- Lunch meats (95% fat-free)
- Egg whites, egg substitutes
- Sherbet, gelatin, angel food cake, graham crackers
- Honey, jams, jellies, syrups
- Coffee, tea, soda
- Baked (fat-free) potato chips
- Limited fats (3 to 5 servings daily)—1 serving equals:
  - » 1 teaspoon margarine, butter, regular mayonnaise
  - » 1 tablespoon diet margarine, reduced calorie mayonnaise, reduced-calorie creamy salad dressing
  - » 2 tablespoons reduced-calorie salad dressing, liquid coffee whitener, cream light cream cheese, sour cream

*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**

*Heart  
Healthy 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 | V-8 | Grape | Prune

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

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

**Yogurt:** Strawberry | Blueberry | Vanilla

**Yogurt Parfait:** Peach and Strawberry

## 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

**Bagels:** Plain | Cinnamon | Blueberry

**Fresh from the Oven:** Homemade Banana Bread

**Choice of:** Margarine | Jelly | Diet Jelly

Light Cream Cheese | Peanut Butter | Honey

## SOUTHERN SUNRISE \*

\* Available until 10:30 am

**Eggs:** Scrambled Low Cholesterol

## OMELETS MADE TO ORDER

**Choice of:** Low Cholesterol Egg | Turkey Bacon | Shredded Cheddar Cheese

Onions | Mushrooms | Green Peppers | Diced Tomatoes

**Sides:** Turkey Bacon | Canadian Bacon | Ketchup | Salsa

## PANCAKES

**Served with:** Maple Syrup | Sugar Free Syrup

## BUILD A BREAKFAST SANDWICH

**Choice of:** Egg Patty | Turkey Bacon | Canadian Bacon

**Cheese:** Swiss

**Bread:** White <sup>16gm</sup> | Whole Wheat <sup>15gm</sup> | 35 Bread <sup>8gm</sup> | Bagel | English Muffin <sup>26m</sup>

**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 | Cottage Cheese

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

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

**Dressings:** 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

Salmon - plain or BBQ

Pork Loin - plain or BBQ

Home style Meatloaf

Portsmouth Grilled Steak

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 | Gardenburger | Grilled Chicken Breast

**Your choice of:** 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:** Homemade Tuna Salad | Chicken Salad

**Cheese:** Swiss

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

**Your choice of:** Baked Chips | Pretzels | Lettuce | Tomato  
Sliced Onion | Dill Pickle Chips | Lite Mayo | Lite Miracle Whip  
Ketchup | Mustard | Honey Mustard | BBQ Sauce

## SUNSET DESSERTS

**Cake:** Strawberry Shortcake | Angel Food

**Pies:** Lemon Meringue | Apple

**Cookies:** Oatmeal Raisin | Sugar

**Frozen Desserts:** Chocolate Ice Cream | Vanilla Ice Cream | Lemon Italian Ice

**Pudding:** Vanilla | Chocolate

**Sugar Free Pudding:** Vanilla | Chocolate

**Fresh Fruits:** Banana | Seasonal Fruit Cup  
Grapes | Pineapple | Orange Sections

## BEVERAGE CART

**Coffee:** Regular | Decaffeinated

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

**Hot Chocolate:** Regular | Sugar Free

**Milk:** 2% | Skim | Low Fat Chocolate | Lactose Free | Soy

**Soft Drinks:** Assortment of Coke & Pepsi products  
Bottled Water | Ginger Ale | Diet Ginger Ale