

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.



Carbohydrate Controlled

Your doctor has ordered a Carbohydrate Controlled Diet for you. This diet may be used to help control your blood sugars by limiting the foods that affect your blood sugars the most.

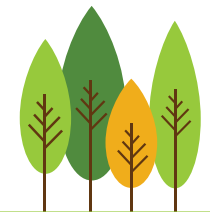
Carbohydrate is the part of food that affects your blood sugar level. Foods which contain carbohydrate include: fruits, breads and starchy foods, dairy products, and sweets. The calorie level your doctor has ordered will determine the amount of carbohydrate grams (or gm) allowed at each meal.

	Breakfast	Lunch	Supper
1200 calories	45 grams	45 grams	45 grams
1500 calories	45 grams	60 grams	60 grams
1600 calories	60 grams	60 grams	60 grams
1800 calories	60 grams	60 grams	75 grams
2000 calories	75 grams	75 grams	75 grams
2200 calories	75 grams	75 grams	90 grams
2500 calories	90 grams	90 grams	105 grams

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

Carbohydrate
Controlled



SEASONAL
SELECTIONS

Presented especially for you by SOMC Nutrition Services

Breakfast

Available from 6:45 am to 7 pm | Recommended meal time 7:30 am to 9 am
Select items available until midnight

To place your order, please dial Extension 6848

FRESH BEGINNINGS

Juices: Orange ^{129m} | Apple ^{139m} | Cranberry ^{149m} | V-8 ^{89m}
Grape ^{179m} | Prune ^{209m}

Fresh Fruits: Banana ^{139m} | Seasonal Fruit Cup ^{169m}
Grapes ^{159m} | Apple ^{209m} | Orange Sections ^{149m}

Chilled Fruits: Applesauce ^{119m} | Peach Slices ^{139m}
Mandarin Oranges ^{119m} | Pineapple ^{189m}

Yogurt: Strawberry ^{159m} | Blueberry ^{159m} | Vanilla ^{139m}

Yogurt Parfait: Yogurt & Fruit Parfait ^{479m} with Granola ^{219m}

CEREAL BOWL

Hot: Oatmeal ^{139m} | Cream of Wheat ^{219m}
Cream of Rice ^{219m} | Grits ^{159m}

Add on: Brown Sugar ^{119m} | Raisins ^{119m}

Cold: Corn Flakes ^{199m} | Cheerios ^{179m} | Raisin Bran ^{349m}
Frosted Mini Wheats ^{349m} | Froot Loops ^{189m} | Rice Chex ^{249m}

BAKER'S BASKET

Toast: Whole Wheat ^{169m} | White ^{159m} | 35 Bread ^{89m}
Cinnamon Swirl ^{159m} | English Muffin ^{269m}

Bagels: Plain ^{299m} | Cinnamon ^{379m} | Blueberry ^{349m}

Fresh from the Oven: Homemade Banana Bread ^{209m}

Choice of: Margarine | Jelly ^{99m} | Diet Jelly | Light Cream Cheese ^{29m}
Cream Cheese | Peanut Butter ^{69m} | Honey ^{129m}

SOUTHERN SUNRISE *

* Available until 10:30 am

Biscuit ^{299m}; with Country Gravy ^{59m}

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 | Sausage Patty | Hash Browns ^{139m}
Ketchup ^{39m} | Salsa

PANCAKES ^{119m}

Served with: Maple Syrup ^{599m} | Sugar Free Syrup ^{09m}

BUILD A BREAKFAST SANDWICH

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

Cheese: American | Cheddar | Provolone | Swiss

Bread: White ^{169m} | Whole Wheat ^{159m} | 35 Bread ^{89m}
Bagel | Biscuit ^{29m} | English Muffin ^{26m}

Your Choice of: Lettuce | Tomato | Lite Mayo | Lite Miracle Whip | Mustard

Lunch & Dinner

Available from 11 am to 7 pm | Recommended meal time 11 am to 12:30 pm

To place your order, please dial Extension 6848

SOUP KETTLE

Served with saltines or unsalted crackers ^{59m}

Soups: Chicken Noodle ^{159m} | Tomato ^{169m} | Vegetable ^{119m}

GARDEN CHOICES

Full or half portions available

Garden Side Salad ^{59m} | Fresh Vegetables & Dip ^{59m} | Cottage Cheese ^{39m}

Grilled Chicken Salad – Tender grilled chicken strips
served over mixed greens with sliced tomatoes ^{59m}

Chopped Chef's Salad – Ham, turkey & cheese over a bed
of chopped fresh greens with egg & tomatoes ^{39m}

Fresh Fruit Salad – Assorted fresh seasonal fruit ^{369m}
with your choice of cottage cheese ^{39m} or yogurt ^{159m} and
a side of our homemade banana bread ^{209m}

Dressings: Signature Ranch ^{19m} | Italian ^{19m}
French ^{29m} | Raspberry Vinaigrette ^{99m}

Fat Free Ranch ^{49m} | Fat Free Italian ^{19m} | Fat Free French ^{49m}

SIGNATURE SELECTIONS

Dinner roll ^{209m} available upon request

Choose 1 Entrée + 2 sides = a meal

Choose 1 Entrée.....

Chicken Breast - plain or BBQ ^{99m}

Pork Loin - plain or BBQ ^{99m}

Home Style Meatloaf ^{129m}

Catfish Breaded ^{39m} or Unbreaded

Salmon - plain or BBQ ^{99m}

Open Face Turkey or Roast Beef
Sandwich with Gravy ^{129m-199m}

Portsmouth Grilled Steak

Plus 2 Sides.....

Mashed Potatoes ^{189m}

Rice Pilaf ^{269m}

Green Beans ^{79m}

Seasoned Greens ^{49m}

Broccoli ^{89m}

Corn ^{229m}

Roasted Vegetables ^{89m}

Carrots ^{99m}

Baked Sweet Potato ^{239m}

Macaroni and Cheese ^{169m-329m}

Baked Potato ^{369m}

Peas ^{129m}

...Or Choose From Our Chef Suggested Favorite Combinations

Vegetable Plate – A vegetarian entrée with our seasonal grilled
vegetables ^{89m}, broccoli ^{89m}, tomatoes and rice pilaf ^{269m}.

Italian Chicken – Marinated chicken breast ^{99m} served julienned and
tossed with homemade marinara sauce ^{89m} and penne pasta ^{359m}.

Spaghetti or Penne Pasta with Marinara or Meat sauce ^{449m} – Served
with a side salad and bread stick ^{239m} with or without garlic

Lunch & Dinner

Available from 11 am to 7 pm | Recommended meal time 4:30 to 6:00 pm

To place your order, please dial Extension 6848

RIVER GRILL

Served on a Hoagie Roll ^{359m}, White ^{309m} or Wheat Bun ^{309m}

Hamburger | Cheeseburger | Gardenburger ^{199m} | Chicken Tenders ^{209m}
Grilled Chicken Breast | Grilled 3-Cheese Sandwich ^{429m}

Your choice of: Potato Chips ^{149m}

Baked Chips ^{249m} | Pretzels ^{239m} | Lettuce | Tomato |

Sliced Onion | Dill Pickle Chips | Lite Mayo

Lite Miracle Whip | Ketchup ^{39m} | Mustard Honey Mustard ^{79m} | BBQ Sauce ^{129m}

27TH STREET DELI

Full or half portions available

Meats: Ham | Turkey | Roast Beef

Fillings: Homemade Tuna Salad | Chicken Salad

Peanut Butter & Jelly Sandwich

Cheese: Cheddar | American | Swiss | Provolone

Bread: Whole Wheat ^{129m} | White ^{149m} | 35 Bread ^{89m}

Your choice of: Potato Chips ^{149m}

Baked Chips ^{249m} | Pretzels ^{239m} | Lettuce | Tomato |

Sliced Onion | Dill Pickle Chips | Lite Mayo

Lite Miracle Whip | Ketchup ^{39m} | Mustard Honey Mustard ^{79m} | BBQ Sauce ^{129m}

SUNSET DESSERTS

Cake: Strawberry Shortcake ^{389m} | Angel Food ^{189m}

Pies: Lemon Meringue ^{479m} | Apple (Sugar Free) ^{319m} | Peanut Butter ^{439m}
Chocolate Brownie ^{299m}

Cookies: Chocolate Chip ^{179m} | Oatmeal Raisin ^{359m} | Sugar ^{179m}

Frozen Desserts: Chocolate Ice Cream ^{309m} | Vanilla Ice Cream ^{169m}
Lemon Italian Ice ^{179m}

Pudding: Vanilla ^{249m} | Chocolate ^{209m} |

Sugar Free Pudding: Vanilla ^{119m} | Chocolate ^{109m}

Fresh Fruits: Banana ^{139m} | Seasonal Fruit Cup ^{169m}

Grapes ^{159m} | Apple ^{209m} | Orange Sections ^{149m}

Chilled Fruits: Applesauce ^{119m} | Peach Slices ^{139m}

Pineapple ^{189m} | Mandarin Oranges ^{119m}

BEVERAGE CART

Coffee: Regular | Decaffeinated

Tea: Regular | Green Tea | Decaffeinated | Sweetened Iced Tea ^{179m}

Unsweetened Iced Decaffeinated Tea

Hot Chocolate: Regular ^{209m} | Sugar Free ^{19m}

Milk: 2% ^{109m} | Whole ^{109m} | Skim ^{119m}

Low Fat Chocolate ^{299m} | Soy ^{169m}

Soft Drinks: Assortment of Coke & Pepsi products

Bottled Water | Diet Ginger Ale