

HOW TO PLACE YOUR ORDER

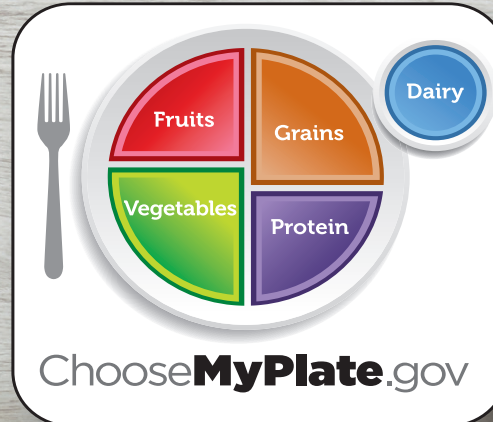
We are pleased to offer At Your Request - Room Service Dining® for our patients. This innovative dining program allows you to select meals from a wide variety of foods designed to enhance your experience as though you were eating at your favorite restaurant.



We'll have your meal delivered to your room within forty-five (45) minutes or less.

PUREED DIETS

MEATS:	Chicken, Beef, Pork, Scrambled Eggs, Pork Sausage
VEGETABLES:	Green Beans, Carrots, Corn
STRAINED SOUPS:	Tomato, Cream of Broccoli, Cream of Potato
STARCH:	French Toast, Whipped Potatoes, Mashed Sweet Potatoes, Cream of Wheat, Pancake
FRUITS:	Bananas, Applesauce, Pears, Peaches
DESSERTS:	Pudding: Chocolate, Vanilla, Butterscotch, Tapioca Vanilla Yogurt Ice Cream: Chocolate, Vanilla or Strawberry <i>(If allowed thin liquids)</i> Sherbet: Orange or Lime <i>(If allowed thin liquids)</i>



ABOUT YOUR DIET

Good nutrition is vital to your overall health, as well as the healing process. Based on your condition and past health history, your physician may have ordered a specific diet for you. This diet may have some restrictions regarding the foods you eat and the beverages you drink. Below is some information describing most of the special diets offered at Lakewood Ranch Medical Center. When you dial **22346** to place your order, a Room Service Operator will assist you with your selections.

REGULAR

There are no restrictions for the regular diet.

CARDIAC

The cardiac diet monitors your amount of salt, fat, and cholesterol intake. The diet limits high fat meats and dairy products, egg products, salt and some desserts.

RENAL

The renal diet limits foods that are high in salt, potassium, and phosphorus. Potatoes, orange juice, bananas, tomatoes, dairy products, and salted meats are restricted.

LOW SODIUM

A low sodium diet restricts your salt intake to 2.4 grams per day. High sodium foods such as bacon, sausage, and certain cheeses, condiments, and soups are restricted.

CLEAR LIQUID

This diet includes clear juices, tea, clear sodas, broth, gelatin, and popsicles.

FULL LIQUID

The full liquid diet includes all soups, beverages, ice creams, and puddings that do not contain any solids. You may also have any items offered within the clear liquid diet.

GI SOFT/FIBER RESTRICTED

The GI Soft/Fiber Restricted diet limits foods that are high in fiber. Most foods on the diet are easily digested, soft in texture, and mild in seasoning. Raw fruits and vegetables, bran, fried foods, seeds, skins, nuts and whole grains are avoided.

EASY TO CHEW, SOFT & BITE-SIZED, MINCED & MOIST, AND PUREED

These diets contain foods that are mechanically altered to provide modified textures that will assist patients with swallowing and chewing difficulties. Your speech therapist and physician work together to determine the appropriate level and steps for advancement through these stages.

DIABETIC

The diabetic diet assists in controlling blood sugar levels and carbohydrate intake. Patients are permitted to order foods up to a specified number of carbohydrates daily. Regular sugar and foods high in concentrated sugars are restricted.

NPO "NOTHING BY MOUTH"

This diet is ordered when a patient is not permitted to eat or drink anything. No meal will be sent.

FLUID RESTRICTED

Patients on fluid restrictive diets may only have a specified number of ounces of liquids each day. Pudding, soup, ice cream, and other food items containing or dissolving into a liquid state are counted as part of these allotted ounces.



Lakewood Ranch Medical Center

MENU



HOURS OF SERVICE - 7AM - 6:30PM
TO PLACE YOUR ORDER
PLEASE CALL 22346

(PLEASE CALL 941-782-2346 FROM OUTSIDE LINES).

PLEASE ALLOW UP TO FORTY-FIVE (45) MINUTES FOR MEAL DELIVERY.

BREAKFAST

JUICES & FRUITS

JUICE:	Grape, Orange, Apple, Cranberry, Prune, Tomato, V-8, Lemonade
FRESH FRUIT:	Apple, Banana, Orange, Grapes, Strawberries, Fresh Fruit Cup
CANNED FRUIT:	Applesauce, Peaches, Pears, Pineapple, Prunes

HOT CEREALS

Cream of Wheat®, Oatmeal, Grits

COLD CEREALS

Corn Flakes®, Frosted Flakes®
Rice Krispies®, Bran Flakes®
Cheerios®, Honey Nut Cheerios®
Raisin Bran®, Froot Loops®

BREADS & BAKERY

Gluten Free Bread
Cinnamon Raisin Bread
Plain Bagel
Buttermilk Biscuit
English Muffin
Blueberry Muffin
Danish
Croissant

YOGURT

Blueberry, Strawberry, Vanilla, Plain Greek

ENTRÉES

Scrambled Eggs
Low Cholesterol Scrambled Eggs
Egg Whites, Hard Boiled Egg
French Toast
Pancake

Cottage Cheese & Fruit *(Fresh or Soft-Canned)*

OMELET SHOPPE

(Made-to-Order)

Regular Eggs, Egg Whites
Low Cholesterol Eggs

OMELET EXTRAS

Cheese: Cheddar, Swiss, Provolone, American
Onion, Mushrooms, Peppers, Tomatoes, Ham,
Bacon *(Turkey or Pork)*, Sausage *(Pork or Chicken)*

BREAKFAST SANDWICH

BREAD:	White, Wheat, Rye Gluten Free Bread English Muffin, Bagel Tortilla, Pita, Buttermilk Biscuit
EGG:	Regular, Low Cholesterol, Egg Whites
EXTRAS:	Bacon <i>(Pork or Turkey)</i> Sausage <i>(Pork)</i> , Ham
CHEESE:	Cheddar, Swiss, Provolone, American

BREAKFAST SIDES

Hashbrown Potato Patty,
Bacon *(Pork or Turkey)*,
Sausage Link *(Pork or Chicken)*

LIQUID DIETS

CLEAR LIQUID DIET

BROTH:	Vegetable, Beef, Chicken
JUICE:	Grape, Apple, Cranberry
GELATIN:	Cherry, Strawberry <i>(Reg. or SF)</i> Orange <i>(Reg. or SF)</i>

POPSICLE *(Cherry, Orange, Grape)*

COFFEE *(Reg. or Decaf)*

HOT TEA *(Reg. or Decaf)*

LEMONADE

ICED TEA *(Sweetened or Unsweetened)*

LEMON LIME SODA *(Reg. or Diet)*

COLA *(Reg., Diet or Caffeine Free)*

GINGER ALE *(Reg. or Diet)*

FULL LIQUID DIET

Includes All Clear Liquid Diet Items Plus the Following:

Tomato Soup, Cream of Potato Soup
Cream of Broccoli Soup
Cream of Wheat®, Oatmeal
Low Fat Vanilla Yogurt

PUDDING:	Vanilla <i>(Reg. or SF)</i> , Chocolate <i>(Reg. or SF)</i> , Butterscotch, Tapioca
ICE CREAM:	Vanilla <i>(Reg. or SF)</i> , Chocolate <i>(Reg. or SF)</i> , Strawberry, Orange Sherbet
MILK:	Skim, 2%, Whole, Chocolate, Lactose Free, Soy
JUICE:	Orange, Prune

HOT CHOCOLATE *(Reg. or SF)*

If your Physician has prescribed a modified diet, some items may not be available.

LUNCH & DINNER

BROTHS & SOUPS

BROTH:	Vegetable, Beef, Chicken
SOUP:	Cream of Broccoli, Chicken Noodle, Vegetable, Cream of Potato, Tomato

APPETIZERS

Carrot & Celery Sticks with Choice of Blue Cheese, Ranch, Peanut Butter or Hummus
Mozzarella Sticks with Marinara Sauce
Cheese & Crackers
Pita & Hummus

ENTRÉES

POT ROAST	MACARONI & CHEESE
OVEN ROASTED CHICKEN QUARTER <i>(Bone-in)</i>	PASTA WITH MEATBALLS & MARINARA
MEATLOAF	PASTA ALFREDO <i>(Add Chicken)</i>
PORK CHOP	BAKED FISH
ROAST TURKEY	FRIED SHRIMP

PERSONAL PIZZA

TOPPINGS: Mozzarella Cheese, Pepperoni, Ham, Sausage,
Mushrooms, Onions, Peppers, Tomatoes

DELI BAR

BREADS:	Wheat, White, Rye, Gluten Free Bread Roll, Croissant, Pita, Wrap
GARDEN:	Onion, Lettuce Tomato, Dill Pickle
CHEESES:	Cheddar, Provolone American, Swiss
MEATS & FILLINGS:	Turkey Ham Roast Beef Tuna Salad Chicken Salad Egg Salad Hummus Peanut Butter & Jelly

GRILL FAVORITES

HAMBURGER
CHEESEBURGER
VEGGIE-BURGER
HOT DOG
GRILLED CHEESE <i>(Add Ham)</i>
GRILLED CHICKEN SANDWICH
CHICKEN TENDERS
QUESADILLA <i>(Cheese or Chicken)</i>
FISH N' CHIPS
PHILLY STEAK SANDWICH <i>(Add Mushrooms, Peppers, & Onions)</i>
BLT SANDWICH
FRENCH FRIES
SWEET POTATO FRIES

LUNCH & DINNER

ACCOMPANIMENTS

VEGETABLES:	Carrots, Broccoli, Green Beans, Corn, Steamed Spinach, Mixed Vegetables
ON THE SIDE:	Rice <i>(White)</i> , Black Beans, Potatoes <i>(Baked or Mashed)</i> , Sweet Potato <i>(Baked or Mashed)</i> , Macaroni & Cheese
COMPLIMENTS:	Dinner Roll, Garlic Bread, Potato Chips <i>(Plain or Baked)</i> , Pretzels, Crackers <i>(Regular or Low Sodium)</i> , Graham Crackers

SALADS

ENTREE/ LARGE:	Garden, Chef, Caesar, Caprese, Cottage Cheese & Fruit <i>(Fresh or Soft-Canned)</i>
SMALL:	Garden, Caesar, Cottage Cheese & Fruit <i>(Fresh or Soft-Canned)</i>
DRESSING:	Ranch <i>(Reg of FF)</i> , Honey Mustard, Italian <i>(Reg or FF)</i> , Bleu Cheese, French <i>(Reg or FF)</i> , Caesar, Balsamic Vinaigrette, Oil & Vinegar

BEVERAGES

HOT:	Coffee <i>(Reg. or Decaf)</i> Herbal Tea <i>(Chamomile, Early Grey, Green, Peach & Cinnamon)</i> Hot Chocolate <i>(Reg. or SF)</i>	JUICE:	Grape, Orange, Apple Cranberry, Prune Tomato, V-8
COLD:	Lemonade Iced Tea <i>(Sweet or Unsweet)</i> Cola <i>(Reg, Diet or Caffeine Free)</i> Ginger Ale <i>(Reg. or Diet)</i> Lemon Lime Soda <i>(Reg. or Diet)</i> Sports Drink <i>(Orange or Lemon Lime)</i>	MILK:	Whole, 2%, Skim Non-Fat Soy Chocolate Lactaid

DESSERTS

COOKIES:	Vanilla Wafers Chocolate Chip Oatmeal Raisin Sugar Cookie	PUDDING:	Vanilla <i>(Reg or Diet)</i> Chocolate <i>(Reg or Diet)</i> , Butterscotch, Tapioca
CAKES & PIES:	Carrot Cake Angel Food Cake Chocolate Cake Pecan Pie Lemon Meringue Pie	GELATIN:	Cherry, Strawberry <i>(Reg or Diet)</i> Orange <i>(Reg or Diet)</i>
		FROZEN DESSERTS:	Ice Cream <i>(Chocolate, Vanilla or Strawberry)</i> Reg or Diet Sherbet <i>(Orange or Lime)</i> Popsicle <i>(Cherry, Orange or Grape)</i> Reg or Diet

KEY

FF: FAT FREE, LS: LOW SODIUM, SF: SUGAR FREE

If your Physician has prescribed a modified diet, some items may not be available.