

# Five Star Room Service Dining



providing quality service  
for your in-room dining  
experience

to place your order,  
please call extension 3456  
7:00 am to 6:30 pm

Carbohydrate Controlled Menu

# Breakfast

*Selections*



**Served all day, 7:00 am to 6:30 pm**

**1 Carbohydrate = 15 grams of Carbohydrates**

**1 Protein = 1 ounce Protein**

## **Entrees**

Scrambled Eggs, Hard Cooked Egg, Egg Whites♥,  
Egg Substitute ♥ (1 Protein)

Omelet with choice of American, Cheddar, Swiss Cheese  
(2 Protein), Mushrooms, Peppers, Onions

Bacon, Sausage (1 Protein)

French Toast, Waffle or Pancakes (1 Carbohydrate), with  
choice of Blueberry or Apple Topping\* (1 Carbohydrate)

Plain or Lite Fruited Yogurt ♥ (1 Carbohydrate)

Cottage Cheese with assorted fruit ♥ (3 Carbohydrates,  
3 Protein)

Hash Browns\* (1 Carbohydrate)

## **Cereals and Fruit** (All = 1 Carbohydrate)

Hot Oatmeal ♥

Cream of Wheat ♥ or Rice ♥

Corn Flakes, Cheerios♥, Bran Flakes♥

Banana ♥

Applesauce ♥

Fruit Cup ♥

Fresh Fruit in Season ♥

## **Breakfast Breads**

Bagel ♥ (2 Carbohydrates)

English Muffin ♥ (2 Carbohydrates)

Kaiser Roll ♥ (2 Carbohydrates)

White, Whole Wheat or Rye Toast ♥ (1 Carbohydrate)

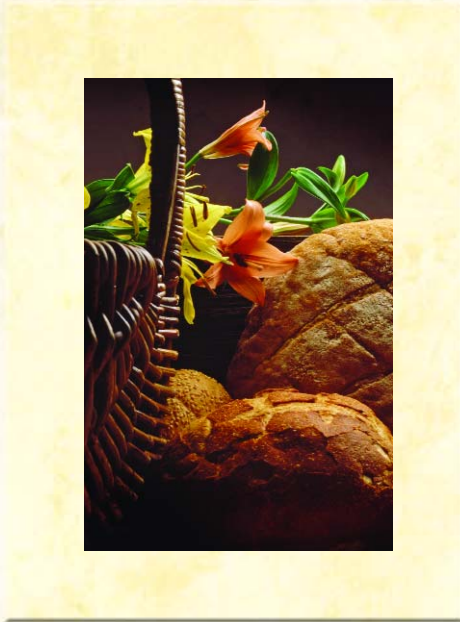
Croissants\* (2 Carbohydrates)

*\*Some items may not be permitted on therapeutic diets*

♥ Heart Healthy Selection

# Lunch and Dinner

*Selections*





**Served from 11:00 am until 6:30 pm**

**Soups** (All soups = 1 Carbohydrate)

Homemade Chicken Noodle Soup ♥  
Freshly Made Soup of the Day

**Salads**

Tossed Side Salad ♥ of assorted baby greens with tomato and red onion

Grilled Chicken over Greens ♥ with tomato and red onion (1 Carbohydrate)

Caesar Salad (1 Carbohydrate), add Grilled Chicken or Salmon, (3 Protein)

Chef Salad with Ham, Turkey, Swiss (3 Protein)

Trio Salad Plate (*scoop of chicken, tuna and macaroni salad served w/ bread stick*) (2 Carbohydrates, 6 Protein)

*Dressings: Ranch, Italian, French, Caesar, Diet Ranch, Diet Italian ♥, Diet Caesar, Raspberry Vinaigrette*

**Deli/Grill Sandwiches** (All sandwiches are 2 Carbohydrates and 2-3 Proteins unless otherwise noted)

*Served on your choice of Country White, Whole Wheat, Rye, Kaiser Roll or Flour Tortilla Wrap*

*Your choice of Lettuce, Tomato, Onions, Pickles\*, or Chips\* (1½ Carbohydrates)*

Roast Turkey Breast ♥

Baked Ham

Egg, Chicken or Tuna Salad

Grilled Chicken Caesar Wrap

Old Fashioned Peanut Butter and Diet Jelly ♥ (3 Carbohydrates)

Hamburger or Turkey Burger

Grilled Veggie Burger ♥ (3 Carbohydrates)

Toasted Grilled Cheese

Grilled Chicken Breast Sandwich ♥

Add American, Provolone or Swiss cheese to any sandwich  
Reduced fat/reduced sodium cheese is available

*\*Some items may not be permitted on therapeutic diets*

♥ *Heart Healthy Selection*

# Lunch and Dinner

*Selections continued*

## **Chef's Specials**

### **Grilled Fresh Salmon ♥ or Tortilla Crusted Tilapia**

(1 Carbohydrate, 3 Protein)

*Lightly Seasoned Atlantic Salmon Grilled to Perfection  
or Oven-Roasted Tilapia Encrusted with Crushed Flour Tortilla*

### **Tofu ♥, Chicken ♥ or Shrimp ♥ Stir Fry w/ Rice**

(2 Carbohydrate, 3 Protein)

*Sautéed Tender Chicken, Shrimp or Tofu with  
Oriental Vegetables Lightly Tossed in Hosin Sauce*

### **Oven-Roasted Turkey ♥, Roast Beef or Roast Pork ♥**

(3 Protein)

*Your Choice Served with Pan Gravy*

### **Penne, Linguini or Rotini Pasta** (3 Carbohydrates)

*CentraState's Own Pasta Bar with Your Choice of  
Homemade Meat, Marinara ♥ or Alfredo\* Sauce*

### **Homestyle Stuffed Chicken Breast**

(1 Carbohydrate, 3 Protein)

*Tender Chicken Breast with Bread Stuffing, seasoned  
with fresh herbs*

### **Oven-Roasted Prime Rib with Au Jus** (4 Protein)

*Oven-Roasted, served in Natural Juices*

### **Cheese Quesadillas** (2 Carbohydrates, 2 Protein)

*Flour Tortilla filled with Monterey Jack & Cheddar Cheese,  
Lightly Sautéed*

### **CentraStar Pita Cheese Pizza**

(4 Carbohydrates, 2 Protein)

*Toppings Include Choice of Peppers, Mushroom or Onion on  
a toasted Pita*

## **Side Dishes**

(All = 1 Carbohydrate unless otherwise noted)

Baked Potato (3 Carbohydrates) or Whipped Potatoes ♥

White Rice ♥ or Buttered Noodles

Coleslaw ♥ or Macaroni Salad

## Vegetables

Mixed Vegetables ♥, Broccoli ♥, String Beans ♥, Carrots ♥

## Dessert Selections

(All desserts = 1 Carbohydrate unless otherwise noted)

Diet Golden Pound Cake ♥ or Angel Food Cake ♥

Reduced Sugar Apple Pie (2 Carbohydrates)

Sugar Free Vanilla or Chocolate Ice Cream ♥

Sugar Free Lemon or Orange Sorbet ♥ (0 Carbohydrates)

Sugar Free Assorted Fruit Gelatin ♥ (0 Carbohydrates)

Sugar Free Chocolate or Vanilla Pudding ♥

Applesauce ♥ Sliced Peaches ♥ or Pears ♥

Sugar Free Cookies

## Beverages

Columbian Blend Coffee – reg or decaf

Tea – reg or decaf

Apple, Orange, Cranberry or Prune Juice ♥ (1 Carbohydrate)

Regular, Reduced Fat or Fat Free ♥ Milk (1 Carbohydrate)

Diet Cola or Diet Ginger Ale

Bottled Water or Sugar Free Iced Tea

## Condiments

Salt, Pepper, Herb Seasoning

Sugar Substitute

Creamer, Non-dairy Creamer

Lemon, Butter, Lite Margarine ♥, Cream Cheese,  
Lite Cream Cheese ♥, Sugar Free Syrup, Sugar Free Jelly,  
Sour Cream, Salsa, Mayonnaise, Low Fat Mayonnaise,  
Mustard, Ketchup

*\*Some items may not be permitted on therapeutic diets*

♥ *Heart Healthy Selection*



## CentraStar Service

The Food and Nutrition Department at CentraState Medical Center is pleased to offer you our Five Star Room Service Dining Program. The Food and Nutrition Department strives to provide you with healthy, quality meals and excellent service.

Please make your menu selections by completing the following steps:

- ★ **Call our room service hotline ext. 3456 any time between 7:00 am and 6:30 pm to place your order**
- ★ Our room service associate will review your menu with you carefully and ensure it meets your diet prescription
- ★ It is recommended that you eat protein at each meal to assist with blood sugar control
- ★ Your meal will be delivered within approximately 45 minutes
- ★ Our room service menu is complete with nutritious food to meet your **Carbohydrate Controlled Diet**. Making healthy choices based on your diet order is important to your recovery. When making your choices we encourage ordering your meals at regularly scheduled times daily to ensure optimal blood sugar control. We recommend eating at the following meal times during your stay to coincide with medication administration:

Breakfast:	7:30-9:00
Lunch	11:30-1:00
Dinner	4:30-6:00

It is also very important that you inform your nurse when you have ordered your meal to ensure accurate blood sugar monitoring and that medications are administered in a timely manner. If you are unable to eat your meals at a regularly scheduled time, please notify your nurse.

To ensure proper care management, we can only send a meal when your physician has written a diet order and it has been communicated to our department by nursing. We will assist you in making appropriate menu choices within your diet allowances and offer alternatives when needed.

If you have any questions regarding your diet prescription, please ask to see one of our dietitians who can assist you.

Our staff strives to make your dining experience enjoyable during your stay at CentraState and to provide you with FIVE STAR SERVICE! Your feedback is very important to us. We would greatly appreciate your participation in filling out the patient satisfaction survey that will be sent to your home following your stay. Our goal is to achieve 100% satisfaction with...

*The Quality of Food • Food Temperature  
Explanation of Diet • Courtesy of Service*

We hope that you have a speedy recovery and would be pleased to assist you in any way we can.

*Sincerely,  
The Food and Nutrition Services Department*

*Five Star Dining*  
**Quality • Choice • Service**