



The Food and Nutrition Department at CentraState Medical Center is pleased to offer you our 5 Star Dining Room Service Program. The Food and Nutrition Department strives to provide you with nutritious, quality meals and excellent service.

Our room service menu is complete with nutritious quality foods to meet your dietary needs. Good nutrition is essential to your health. Making healthy choices based on your diet order will help your recovery.

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 (one entrée only per meal please)
- Our room service associate will review your menu with you carefully and ensure it meets your diet prescription
- Your meal will be delivered within 45 minutes of your phone call

To ensure safety 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 you may ask to see a dietitian who can assist you.

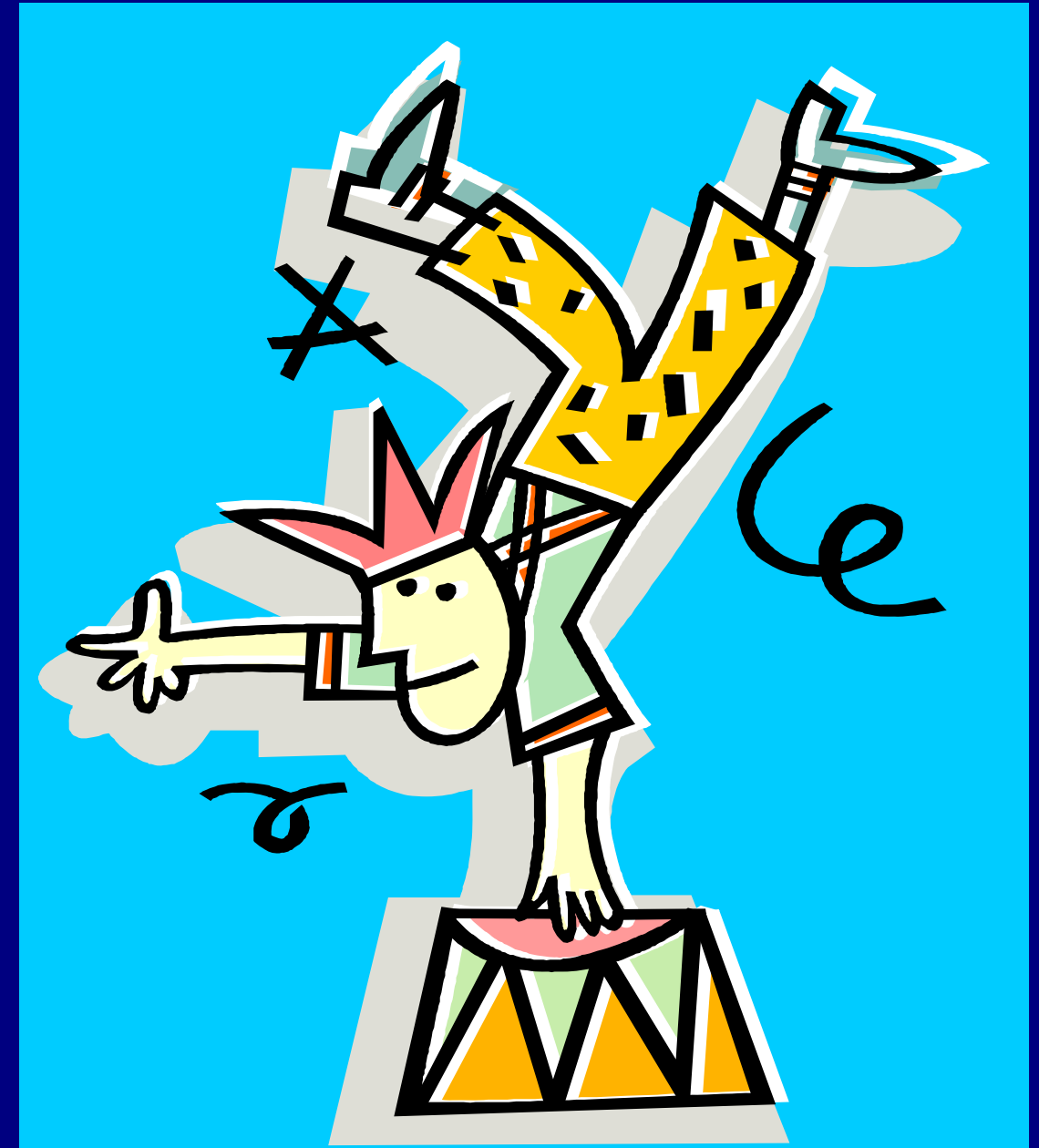
We welcome your friends and family to visit the CentraStar Café located on the first floor in the main lobby. The hours are from 6:30 am until 8:30 pm.

Our goal is to make your dining experience enjoyable while you are in the medical center and strive to provide **EXCELLENT SERVICE!** Your feedback is very important to us. We appreciate your returning the Press Ganey survey that will be sent to you following your stay. We hope you have a speedy recovery and will assist you in any way we can.

The Food and Nutrition Department "strives for five". Our goal is to provide 100% satisfaction with.....

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

# *FIVE STAR DINING PEDIATRICS*



*We'll stand on our hands  
to make you happy,  
Please call us at  
Ext. 3456*

## BREAKFAST

*Served any time*

### ENTREES

Scrambled, Two Egg or Egg White Omelet  
Choice of American or Swiss Cheese  
Breakfast Burrito

French Toast Sticks, Waffle or Chocolate  
Chip Pancakes, Plain or Fruited Yogurt  
Plain or Fruited Yogurt

Bacon, Sausage or Hash Browns

### CEREALS/FRUIT

Hot Oatmeal, Cream of Wheat,  
Rice Krispies, Cheerios, Froot Loops  
Cornflakes, Frosted Flakes, Raisin Bran

Fruit Cocktail, Peaches, Pears  
Applesauce, Banana,

### BREAKFAST BREADS

Blueberry or Banana Nut Muffins, Croissants,  
Bagels, English Muffin, Kaiser Roll,  
Cheese or Fruit Danish  
White, Rye, Or Whole Wheat Toast

### LUNCH AND DINNER

*Served from 11:00 until 6:30*

### SOUPS AND SALADS

Grilled Chicken Caesar Salad  
Chef Salad  
Macaroni Salad  
Tossed Salad-French, Italian, Ranch dressing

Chicken Noodle Soup  
Soup of the Day

### DELI/GRILL SANDWICHES

Roast Turkey Breast  
Baked Ham  
Egg, Chicken, or Tuna Salad  
Peanut Butter and Jelly

Hamburger/Turkey Burger  
Grilled Veggie Burger  
Toasted Grilled Cheese  
Grilled Chicken Breast Sandwich

\* Add American, Provolone, or Swiss Cheese to any sandwich

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

## CHEF'S SPECIALS

### ENTRÉES

Creamy Baked Macaroni and Cheese

#### Individual Pizza

Choice of Three Cheese, Pesto or Pepperoni

Country Style Chicken Pot Pie

Chicken, Beef or Tofu Vegetable Stir Fry

Crispy Chicken Fingers

Oven Roasted Turkey, Roast Beef or Roast Pork Served with Gravy

Spaghetti. or Rotini Pasta

With your choice of Meat Sauce, Marinara or Alfredo Sauce

Cheese or Chicken Quesadillas

### SIDES

Baked or Mashed Potato  
French Fries  
Rice Pilaf  
Buttered Noodles

Mixed Vegetables  
String Beans  
Broccoli  
Carrots

### DESSERTS/SNACKS

Pound cake w/ whipped topping  
Ice Cream-Vanilla, Chocolate, Strawberry  
Fruit Flavored Gelatin  
Rice Krispy Treats\*  
Cheese and Crackers

Chocolate Cake\*  
Italian Ice-Raspberry or Lemon Flavored  
Chocolate Chip\* or Sugar Cookies\*  
Nutri Grain\* or Granola Bar\*

### BEVERAGES/CONDIMENTS

Apple, Orange, Cranberry, or Prune Juice  
Regular, Reduced Fat or Fat Free Milk  
Cola or Ginger Ale-regular or sugar free  
Fruit Punch, Bottled Water, Ice Tea  
Hot Cocoa, Chocolate Milk

Salt, Pepper, Herb Seasoning  
Sugar, Sugar Substitute,  
Lemon, Honey,  
Butter, Margarine  
Cream Cheese, Lite Cream Cheese  
Syrup, Jelly

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