

FIVE STAR DINING

RENAL MENU

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



To place your order please call
Ext. 3456

BREAKFAST

Served all Day

ENTREES

*Two Eggs, or Egg Whites♥
Cooked to order
Choice of LS American
Or LS Swiss Cheese*

*French Toast, Waffle, Pancakes
w/ Blueberry* or Apple topping or
Maple syrup*

CEREALS/FRUIT

*Hot Oatmeal♥ Cream of Rice♥ Corn Flakes♥
Cheerios♥ Frosted Flakes♥*
Applesauce♥, Fruit Cup♥,*

BREAKFAST BREADS

*Bagel♥ w/Cream Cheese
Thomas' English Muffins♥
Blueberry Muffins♥*
White♥ Wheat♥ or Rye Toast♥*

LUNCH AND DINNER

Served from 11:00 until 6:30

Chicken Noodle Soup
Tender and Chunky with Wide Egg Noodles♥

Soup of the Day
Today's Freshly Made Soup

DELI/GRILL SANDWICHES

*Served on your choice of Country White, Whole Wheat,
Wrap, Rye or a Kaiser Roll
Top w/ Lettuce, Onions*

**Smoked Turkey♥
Roast Beef
Chicken Salad
Tuna Salad**

**Grilled Veggie Burger♥
Grilled Hamburger
Grilled Turkey Burger
Grilled Chicken Breast♥**

♥ Heart Healthy Selection

CHEF'S SPECIAL

ENTREES

Grilled Fresh Salmon♥ or Baked Breaded Flounder

Chicken♥ or Shrimp♥ Pasta

Oven Roasted Turkey♥, Roast Beef, or Roast Pork♥ w/ Gravy

Penne, Linguini, or Rotini Pasta

Served in a Garlic and oil sauce

Oven Roasted Chicken Breast♥

Prime Rib in au jus

Sides

*Rice Pilaf♥ String Beans♥
Orzo♥ Broccoli♥
Buttered Noodle♥ Carrots♥
 Mixed Vegetables♥
Tossed Salad♥(Italian♥ or Raspberry Vinaigrette♥)*

DESSERT

*Reduced fat Poundcake♥ or Angel Food Cake♥
Lemon Meringue Pie♥*
Fruit Flavored Gelatin♥ (Regular or Sugar Free)
Vanilla or Tapioca Pudding♥ (Regular or Sugar Free)
Applesauce♥, Sliced Peaches♥ or Pears♥ Fruit Cocktail♥
Chocolate Chip Cookies (Regular or Sugar Free)
Italian Ice-Lemon or Raspberry♥ Sugar Free Sorbet♥*

BEVERAGES/CONDIMENTS

*Freshly Brewed Coffee or Tea-Reg or Decaf
Apple, Cranberry, or Grape Juice♥
Regular, Reduced Fat or Fat Free Milk♥
Cola or Ginger Ale- Regular or Diet
Bottled Water, Iced Tea-Regular or Diet*

*Pepper, Herb Seasoning
Sugar or Sugar Substitute
Creamer, Non dairy creamer
Lemon, Honey*
Syrup, Jelly-Regular or Sugar Free
Mayonnaise-Regular or Diet♥
Catsup, Mustard,*

*Some items may not be permitted on all diet restrictions