

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

Breakfast

Selections



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

Entrees

Scrambled Eggs, Hard Cooked Egg, Egg Whites♥, Egg Substitute ♥

Omelet with choice of American, Cheddar, Swiss Cheese, Mushrooms, Peppers, Onions

French Toast, Waffle or Pancakes, with choice of Blueberry, Strawberry, or Apple Topping*

Plain or Fruited Yogurt ♥

Cottage Cheese with Assorted Fruit ♥

Bacon, Sausage, Hash Browns*

Cereals and Fruit

Hot Oatmeal ♥

Cream of Wheat ♥ or Rice ♥

Corn Flakes, Cheerios♥, Raisin Bran*, Bran Flakes♥, Frosted Flakes*

Banana ♥

Applesauce ♥

Fruit Cup ♥

Fresh Fruit in Season ♥

Breakfast Breads

Bagel (Plain or Toasted) ♥

English Muffin ♥

Kaiser Roll ♥

White, Whole Wheat or Rye Toast ♥

Croissants*

Cheese or Fruit Danish*

Muffin* (Blueberry, Banana Nut)
Reduced fat available

**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

Homemade Chicken Noodle Soup ♥

Freshly Made Soup of the Day

Salads

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

Grilled Chicken Over Greens ♥ with tomato and red onion

Caesar Salad, add Grilled Chicken or Salmon

Chef Salad with Ham, Turkey, Swiss

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

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

Deli/Grill Sandwiches

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

Your choice of Lettuce, Tomato, Onions, Pickles, Chips* or Pretzels**

Roast Turkey Breast ♥

Baked Ham

Egg, Chicken or Tuna Salad

Grilled Chicken Caesar Wrap

Old Fashioned Peanut Butter and Jelly ♥

Hamburger or Turkey Burger

Grilled Veggie Burger ♥

Toasted Grilled Cheese

Grilled Chicken Breast Sandwich ♥

Add American, Provolone or Swiss cheese to any sandwich

Reduced fat/reduced sodium cheese is available

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♥ Heart Healthy Selection

Lunch and Dinner

Selections continued

Chef's Specials

Country Style Chicken Pot Pie

Home Style Pastry Filled with Vegetables, Potato and Plump Chicken Breast

Grilled Fresh Salmon ♥ or Tortilla Crusted Tilapia

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

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

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

Oven Roasted Turkey ♥, Roast Beef or Roast Pork ♥

Your Choice Served with Pan Gravy

Penne, Linguini or Rotini Pasta

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

Home Style Stuffed Chicken Breast

Tender Chicken Breast with Bread Stuffing, Seasoned with Fresh Herbs

Oven Roasted Prime Rib with Au Jus

Oven Roasted, Served in Natural Juices

Cheese Quesadillas

Flour Tortilla Filled with Monterey Jack & Cheddar Cheese, Lightly Sautéed

CentraStar Deep Dish Individual Cheese Pizza

Toppings Include Choice of Peppers, Mushroom or Onion

Side Dishes

Baked ♥, Whipped, or French-fried Potatoes*

White Rice ♥ or Buttered Noodles

Mixed Vegetables ♥, Broccoli ♥, String Beans ♥, Carrots ♥, Coleslaw ♥ or Macaroni Salad

Dessert Selections

- Golden Pound Cake ♥ or Angel Food Cake ♥ with Strawberry Topping
- Home-baked Apple Pie or Reduced Sugar Apple Pie
Lemon Meringue Pie* ♥ or Golden Layer Cake with Chocolate Frosting
- Vanilla or Chocolate Ice Cream (Regular or Sugar Free ♥)
- Italian Ice ♥ – Lemon, Cherry or Raspberry
- Sorbet ♥ – Sugar Free Lemon or Orange
- Assorted Fruit Gelatin ♥ (Regular or Sugar Free)
- Chocolate ♥ or Vanilla Pudding ♥ (Regular or Sugar Free), Tapioca ♥ or Rice Pudding ♥
- Applesauce ♥, Sliced Peaches ♥ or Pears ♥
- Chocolate Chip Cookies, Sugar Free Cookies

Beverages

- Columbian Blend Coffee – reg or decaf
- Tea – reg or decaf
- Apple, Orange, Cranberry or Prune Juice ♥
- Regular, Reduced Fat or Fat Free ♥ Milk
- Cola or Ginger Ale – reg or sugar free
- Fruit Punch, Bottled Water or Iced Tea

Condiments

- Salt, Pepper, Herb Seasoning
- Sugar, or Sugar Substitute
- Creamer, Non Dairy Creamer
- Lemon, Honey, Butter, Lite Margarine ♥,
Cream Cheese, Lite Cream Cheese ♥, Syrup, Jelly,
Sour Cream, Salsa, Mayonnaise,
Low Fat Mayonnaise, Mustard, Ketchup

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♥ 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.

Our room service menu is complete with nutritious foods to meet your dietary needs. Good nutrition is essential to your health. Making healthy choices based on your diet order is important to 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**
- ★ Our room service associate will review your menu with you carefully and ensure it meets your diet prescription
- ★ Please select one entrée per meal
- ★ Your meal will be delivered within approximately 45 minutes

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.

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 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