

Your physician has ordered a Regular diet as part of your treatment plan. Our room service menu is complete with nutritious food to meet your dietary needs. As you are making your selections please keep a healthy, balanced diet in mind.

As you make your selections, please remember some basic guidelines for healthy nutrition:

- Choose a variety of foods
- Consider portion control, selecting an appropriate amount of food
- Choose fiber-rich foods with each meal, including fruits and vegetables, and whole grains
- Remember to choose some calcium-rich items, such as milk, yogurt, and cheese
- If you eat desserts and snack foods, please do so in moderation

For more information on following a healthy diet or about your diet in relation to your medical needs please contact your dietetic technician.

For your convenience, menu items are followed by a number indicating the total number of carbohydrate choices it contains.  
15 grams of carbohydrates = (1) serving



- High in Sodium



- High in Fat

### Wayne Selections... Served Exceedingly Well

Wayne HealthCare is pleased to offer hotel-style room service for patient meals. Our "Wayne Selections" service is an extension of our commitment to providing excellence in patient care.

#### How to Place Your Meal Order

- Review your menu and select meal items of your choice.
- Call 7444 anytime between 6:30am to 6:30pm.
- Our Call Center Representative will confirm your room number, name, date of birth and diet order, and take your order.
- Your ambassador will make every effort to deliver your meal within 45 minutes.

#### Guest Meals

Guest meals are available if family members or visitors would like to dine with you.

- Breakfast [\$5] 1 entree, 3 sides, and beverage.
- Lunch and Dinner [\$7] 1 entree, 2 sides, dessert, and beverage.
- Guest meals should be ordered when the patient meal is ordered.
- The Ambassador will collect cash payment from guest when meal is delivered.
- Correct change is greatly appreciated.

Family members or designees may also place meal orders for patients by calling (937) 547-7444.

Please contact our Call Center at extension **7444** with any questions.

# Wayne Selections... Served Exceedingly Well



## Room Service Menu

Regular





# Breakfast Selections

Please Dial Extension 7444 to place your order  
Available 6:30am – 9:30am daily

## Fruits & Yogurt

Fresh Fruit Cup <sup>(1)</sup>	Lite Peach Yogurt <sup>(1)</sup>	Peach Slices <sup>(1)</sup>
Banana <sup>(1)</sup>	Lite Strawberry Yogurt <sup>(1)</sup>	Apple Slices <sup>(1)</sup>
Orange Wedges <sup>(1)</sup>	Vanilla Yogurt <sup>(1)</sup>	Pear Slices <sup>(1)</sup>
	▲ Cottage Cheese	Grapes <sup>(1)</sup>

## Cereals

Cheerios <sup>®(1)</sup>	Rice Chex <sup>®(2)</sup>	Oatmeal <sup>(2)</sup>
Honey Nut Cheerios <sup>®(1)</sup>	Raisin Bran <sup>®(2)</sup>	Cream of Wheat <sup>®(1)</sup>
Corn Flakes <sup>®(1)</sup>		

All cold cereals come with your choice of 2%<sup>(1)</sup>, 1%<sup>(1)</sup> or fat free<sup>(1)</sup> milk.  
Brown sugar<sup>(1)</sup> or Light brown sugar are available for your hot cereal.

## Breakfast Breads

White Toast <sup>(1)</sup>	Toasted Bagel <sup>(3)</sup>	■ Blueberry Muffin <sup>(2)</sup>
Whole Wheat Toast <sup>(1)</sup>	English Muffin <sup>(2)</sup>	

Choice of Spread: Margarine, Honey<sup>(1)</sup>, ▲ Peanut Butter, ▲ Cream Cheese  
Regular Jelly - Apple<sup>(1)</sup>, Grape<sup>(1)</sup>, Mixed Fruit<sup>(1)</sup>, Strawberry<sup>(1)</sup>, Blackberry<sup>(1)</sup>  
Diet Jelly – Grape, Strawberry, Blackberry

## Breakfast Entrées

**Eggs:** Scrambled, Heart Healthy Scrambled, Hard Boiled, ▲ Cheese Omelet

▲ **Buttermilk Pancakes**<sup>(1)</sup> - Served with margarine and syrup or diet syrup<sup>(1)</sup>.

▲ **Breakfast Burrito**<sup>(2)</sup> - Flour tortilla with egg, sausage and cheese.  
Salsa on the side.

▲ **Breakfast Sandwich**<sup>(2)</sup> - English muffin with scrambled eggs, ham and American cheese.

## Sides

▲ Bacon	Browned Seasoned Cubed Potatoes <sup>(1)</sup>
■ Light Sausage Links	
▲ Ham Slice	

# Lunch & Dinner Selections

Please Dial Extension 7444 to place your order  
Lunch – Available 10:45am – 1:30pm daily | Dinner – Available 4:00pm – 6:30pm daily

## Starters

**Soup** - ▲ Vegetarian Vegetable<sup>(1)</sup>, Chicken Noodle<sup>(1)</sup>, Soup of the Day<sup>(1)</sup>

**Side Salad** - Tossed Green

Saltine and unsalted crackers available.

Dressing: Lite Ranch, Italian\*, French\*

\*Available in light versions

## Main Attractions

▲ **Home-Style Roasted Turkey Breast with Gravy**<sup>(1)</sup>

Cranberry sauce on the side.

▲ **Penne Pasta Bowl**<sup>(4)</sup> - Choice of Marinara or Alfredo Sauce.

**Tilapia Fillet**<sup>(1)</sup> - Garlic, lemon & herb marinated, and pan seared.

▲ **Salisbury Steak**<sup>(1)</sup> - Lean ground beef steak covered in a Burgundy mushroom sauce.

▲ **Grilled Chicken Breast** - Boneless chicken breast, marinated in lemon garlic and herbs.

▲ **Baked Macaroni & Cheese**<sup>(2)</sup> - Old fashioned comfort food.

▲ **Crispy Chicken Tenders**<sup>(2)</sup> - Served with your choice of ▲ BBQ<sup>(1)</sup>, ▲ Honey Mustard, or ▲ Ranch.

■ **Meatloaf**<sup>(1)</sup> - Baked with onion, bell peppers, and seasonings.

## From the Grill

■ Hamburger, Turkey Burger, ▲ Grilled Chicken, Grilled Cheese.

Feel free to add any cheese, topping, or condiment listed below!

**Create Your Own Sandwich:** (served hot or cold)

Meat - ▲ Turkey, ▲ Ham, ▲ Tuna Salad<sup>(1)</sup>, ▲ Chicken Salad<sup>(1)</sup>

Bread<sup>(2)</sup> - White, Whole Wheat, Rye

Bun<sup>(2)</sup> - White, Whole Wheat

Cheese - ■ Swiss, ▲ Cheddar, ▲ Provolone, ▲ American

Topping - Lettuce, Tomato, Sliced Onion, ▲ Dill Pickle Chips

Condiment - ▲ BBQ Sauce<sup>(1)</sup>, ▲ Honey Mustard, ▲ Ketchup, Mustard,  
Kraft Olive Oil Mayonnaise<sup>®</sup>, Light Miracle Whip<sup>®</sup>

## Sides

▲ Macaroni & Cheese <sup>(1)</sup>	Steamed Baby Carrots	Green Beans
Brown Rice <sup>(1)</sup>	Fresh Broccoli Florets	Mashed Potatoes <sup>(1)</sup>
Dinner Roll <sup>(1)</sup>	Whole Kernel Corn <sup>(1)</sup>	Roasted Red Potatoes <sup>(1)</sup>
White or Wheat	Garden Vegetable Medley	■ Baked French Fries <sup>(2)</sup>
		Baked Chips <sup>(2)</sup>

## Entrée Salads

▲ **Grilled Chicken Salad** - A bed of crisp baby greens with cucumber, tomato, and carrots, topped with a grilled chicken breast, Parmesan cheese and croutons.

▲ **Classic Chef Salad** - Garden fresh mixed greens topped with julienne strips of ham, turkey and cheese. Garnished with egg wedges and tomatoes.

Dressing: Ranch\*, Italian\*, French\*, Balsamic Vinaigrette

\*Available in light versions

## Personal Pizza

▲ 8" Rising Crust - 4 Cheese<sup>(7)</sup> or Pepperoni<sup>(7)</sup>

## Sweet Treats

▲ **Apple Pie**<sup>(2)</sup>

■ **Iced Fudge Brownie**<sup>(2)</sup>

**Angel Food Cake with Strawberry Sauce**<sup>(1)</sup>

**Fresh Fruit Cup**<sup>(1)</sup>

**Cookie**<sup>(1)</sup> - Chocolate Chip, Oatmeal Raisin

**Ice Cream**<sup>(1)</sup> - Vanilla, Chocolate, Strawberry

**Sherbet**<sup>(2)</sup> - Raspberry, Orange

**Gelatin** - (Regular<sup>(1)</sup> or Sugar Free) Strawberry, Cherry, Raspberry, Orange, Lemon, Lime

**Fruited Gelatin**<sup>(2)</sup>

## Condiments

▲ Salt, Pepper, Mrs. Dash<sup>®</sup>, Sugar, Equal<sup>®</sup>, Splenda<sup>®</sup>, Sweet & Low<sup>®</sup>,  
▲ Ketchup, ▲ Salsa, ■ Sour Cream, Hot Sauce

## Beverages

**Coffee** - Regular, Decaf

**Tea** - Regular, Decaf, Green, Iced

Add some: Half & Half, Non Dairy Creamer, Lemon Juice, Honey<sup>(1)</sup>

**Hot Chocolate** - Regular<sup>(1)</sup>, Reduced Sugar

**Milk** - Fat Free<sup>(1)</sup>, 1%<sup>(1)</sup>, 2%<sup>(1)</sup>, Vanilla Soy Milk<sup>(1)</sup>, Chocolate<sup>(1)</sup>

**Juice** - Apple<sup>(1)</sup>, Orange<sup>(1)</sup>, Cranberry<sup>(1)</sup>, Grape<sup>(1)</sup>, Prune<sup>(1)</sup>,  
Low Sodium V-8<sup>®</sup>, ▲ Tomato

**Soft Drink** - Pepsi<sup>®(2)</sup>, Diet Pepsi<sup>®</sup>, Caffeine Free Pepsi<sup>®(3)</sup>, Caffeine Free  
Diet Pepsi<sup>®</sup>, 7 Up<sup>®(2)</sup>, Diet 7 Up<sup>®</sup>, Mountain Dew<sup>®(2)</sup>, Diet Mountain Dew<sup>®</sup>