

# Modified Diets

## DIABETIC DIET

Living with diabetes means that you must monitor your intake of foods containing carbohydrate. These include: grains, starchy vegetables, fruit, milk, and sweets. The number of carbohydrate servings for food items are indicated on this menu. Try to eat the recommended amount of servings at each meal and snack as recommended below.

### 3 meals and 2 snacks:

1400 calories: 3 serv ea meal; 1 serv ea snack  
 1600 calories: 4 serv ea meal; 2 serv ea snack  
 1800 calories: 4 serv ea meal; 3 serv ea snack  
 2000 calories: 4-5 serv ea meal; 2-3 serv ea snack

## CLEAR LIQUID DIET

Your physician may have ordered this special diet for you due to a medical condition. Food items available for this diet are:

- Fruit Juice (apple, cranberry,)
- Jell-O Cup
- Hot Broth, Regular (beef, chicken, vegetable)
- Hot Broth, Low Sodium (beef, chicken)
- Coffee (regular, decaf)
- Hot Tea (regular, decaf, herbal)



♥ = Low in Salt, Cholesterol, Saturated & Trans Fats, and Caffeine

**TO ORDER DIAL 6033**

## HEART HEALTHY DIET

Choose items printed with this heart symbol—♥. They include foods that are low in Salt, Cholesterol, Saturated & Trans Fats, and Caffeine.



## FULL LIQUID DIET

Your physician may have ordered this special diet for you due to a medical condition. Food items available for this diet are:

- Fruit Juice (apple, cranberry, orange) ♥
- Soup (tomato; strained cr. of mushroom/cr. of chicken)
- Hot Cereal ♥ (cr. of wheat, oatmeal)
- Pudding ♥ (Sugar free vanilla), Regular vanilla
- Low fat or Greek Yogurt assorted and GF ♥
- Ice Cream (vanilla, chocolate, strawberry)
- Milk (2%, ♥)
- Coffee (regular or decaf ♥)
- Hot Tea (regular, decaf ♥, herbal ♥)
- Hot Chocolate (regular, no added sugar)
- Instant Breakfast, Sugar-Free Vanilla



# Orchard Café

## Patient Room Service Menu

This Menu is for your use while you are a patient at Lake Chelan Community Hospital. Room Service provides you with the flexibility to order your meals anytime during service hours. Simply make your selection from this menu and dial 6033 to place your order. *Your meal will be delivered within about 30 minutes.* If your doctor has placed you on a special diet, some menu items may not be available to you. Please check with your nurse; Remember to ask about our Daily Specials!

Place Breakfast special order from: 6:00 AM to 9:30 AM

Place Lunch special order from: 10:30 AM to 1:00 PM

Place Dinner special order before 4:30 PM

At the end of each meal serve time, if a room service order has not been placed, we will automatically send up a meal to ensure that we are meeting our patients dietary needs.

## Guest Meals

We encourage guests to visit the hospital's Orchard Café for their meals. It is located on the first floor, across from the elevator. Hot food is available during the following hours:

**Breakfast** 6:30 AM to 9:30 AM

**Lunch** 11:30 PM to 1:00 PM

**Dinner** 5:00 PM to 6:00 PM

**Salad Bar** 11:30 PM to 6:00 PM (stocked with an assortment of many great food options for a great meal)

# BREAKFAST

PATIENT MEALS MAY BE PLACED AS EARLY AS 6:00 A.M. THRU 9:30 A.M.

	CARB SERVINGS		CARB SERVINGS
<u>CEREALS</u>		<u>EGGS &amp; BREAKFAST MEATS</u>	
Kashi, Cheerios, or Special K	2	1 egg, cooked any style (D)	0
Steel Cut Oatmeal♥	2	Chicken Sausage (D)	0
Cream of Wheat♥	2	Breakfast Sandwich	2
		Whole Wheat English muffin with eggs, cheese and chicken sausage (D)	
<u>FRUIT (GF)</u>		Vegetarian option w/ avocado, tomato	
Banana 1/2♥	1	Spinach with a walnut and cream cheese spread	
Fresh Apple or Orange ♥(D)	1		
Seasonal Fruit ♥ (D)	1	<u>CREATE YOUR OWN OMELET</u>	
Fruit Cup : Seasonal Berries		Cheese – Cheddar or Mozzarella	
Applesauce unsweetened♥	1	Chicken Sausage with Vegetable & Mozzarella	0
Diced Peach Cup♥	1	Vegetable ( tomato, spinach, mushrooms, bell pepper, onion and jalapeno)	0
Diced Mixed Fruit Cup	1	<u>GRILL AND BREADS</u>	
Side of Cottage Cheese (GF)	0	Whole Wheat French Toast (GF option)	2
Parfait w/ berries, yogurt and granola♥		Buckwheat Pancakes (GF option) (D)	2
		Toast (white, whole wheat ♥WW) (GF(D)	1
<u>BEVERAGES (GF)</u>		English Muffin, white or whole wheat♥	2
Fruit Smoothie	1	Bagel half♥	2
Apple Juice♥	1	With Cream Cheese	0
Orange Juice♥	1	Sweet Potato Hash (D)	1
Prune Juice♥	2	Roasted Red Potatoes with onion and peppers (D)	1
Low Sodium V-8 Juice,♥	0		
Milk 2%,♥	1	<u>YOGURT</u>	
Almond Milk♥ (GF) (D)	1	Greek variety & GF♥ (D)	1-2
Coffee (regular, decaf)♥	0	Vanilla or with fruit	
Hot Tea (regular, decaf♥, herbal♥) (D)	0		
Iced Tea	0		
Hot Chocolate	½-1		

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 D = Diabetic Friendly  
 GF = Gluten Free  
**TO ORDER DIAL 6033**

# LUNCH & DINNER

PATIENT MEALS MAY BE PLACED AS EARLY AS 10:30 AM TO 1:00 PM. & 5:00 TO 6:00 P.M.

	CARB SERVINGS		CARB SERVINGS
<u>SOUPS</u>		<u>ENTREES</u>	
Soup Special of the Day	1	Lunch Special of the Day	varies
Chicken Noodle (regular, low salt♥) (D)	1	Dinner Special of the Day	varies
Tomato (D)	1	(Served from 5:00 P.M. to 5:30 P.M.)	
Vegetable, low salt♥	1	Sirloin Burger (with Bun) (D)	
		w/ lettuce, tomato, onion, mush & cheese	0(2)
<u>SALAD</u>		Quesadilla w/seasoned veggies (D)	2
House Salad (GF & D)	0	Baked Salmon w/ herbed butter and fresh veggie♥ (D)	0
Chef Salad		Herb Grilled Chicken Breast ♥	0
Chicken Caesar Salad (D)	1	w/ Lettuce, tomato, red onion and cheddar	
Cottage Cheese with Fruit♥ (GF & D)	2		
Salad Dressings (GF & D) options	0-2	<u>SIDES</u>	
		Orange glazed baby carrots ♥	0
<u>BUILD YOUR OWN SANDWICH</u>		Ginger Zucchini Noodle stir fry	0
<b>Bread:</b>		Roasted Asparagus	0
Whole Grain or Sourdough (GF options) 1 per slice		Mashed Yellow Potato or Sweet Potato♥	2
<b>Cheese:</b> Tillamook Cheddar or Swiss (D)	0	Baked Yellow Potato♥	2
<b>Meat:</b>		Sour Cream, Butter, Shredded Cheese	0
Roast Beef (D)	0	Wild or Brown Rice♥	2
Turkey (low salt)♥	0	Potato Chips, baked♥	2
Vegetables♥(D)			
Tomatoes, Lettuce, Onions, Cucumber	0	<u>DESSERTS</u>	
<b>Condiments:</b>		Seasonal Fresh Fruit♥	1
Mayonnaise (regular, GF♥) D Mustard♥Relish (D)	0	Daily Special	Varies
<b>Dressing:</b> Ranch, Honey Mustard Italian & Blue Cheese			
		<u>BEVERAGES</u>	
<u>SANDWICHES</u>		See selections in "Breakfast" section	
Egg Salad	2		
Tuna Salad, Low Salt♥ (D)	2		
Peanut Butter & Jelly (D)	2-3		

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