



Patient Room Service MENU

 Lexington Medical Center
Nutrition Services



LIQUID DIET

CLEAR LIQUIDS

- Broth ~ Beef, Chicken, Vegetarian Vegetable
- Coffee
- Coffee ~ Decaf
- Fruit Ice ~ Cherry, Lemon or Orange
- Gelatin ~ Berry, Lemon or Orange •
- Hot Tea
- Hot Tea ~ Decaf
- Juice ~ Apple, Cranberry, Grape
- Tea ~ Sweet
- Tea ~ Unsweet

- Lemon Juice
- Sugar
- Sugar Substitute

FULL LIQUIDS

All of the clear liquid menu items plus the following:

- Campbell's® Cream of Chicken Soup ~ Strained
- Campbell's® Tomato Soup ~ Strained
- Mashed Potatoes (Available after 10:30 a.m.)
- Grits
- Ice Cream ~ Chocolate •
- Ice Cream ~ Vanilla •
- Milk ~ 2%, Skim, Whole, Soy Lactose Free
- Milk ~ Chocolate
- Oatmeal
- Orange Juice
- Pudding ~ Chocolate •
- Pudding ~ Vanilla •
- Rainbow Sherbet

- Brown Sugar
- Lemon Wedge
- Non-dairy Creamer
- Pepper
- Salt



Meal requests are taken between 7:00 a.m. – 7:00 p.m.
To order, please dial ext. 4444.

Dial ext. 4444 to order.

Lexington Medical Center is pleased to offer Room Service dining for our patients and guests. Our program allows you to select meals from an expansive menu designed for a wide variety of diet restrictions. Once you have made your selections, please call us at extension 4444. Your meal will be delivered to your room in approximately 30 minutes.

Guest meals are delivered at a charge of \$5.00 per tray. A tray may include one entrée, two side dishes, a beverage and dessert. When you receive your meal, please pay with cash or check. Room service staff cannot accept gratuities. Thank you for letting us serve you.

**Meal requests are taken between
7:00 a.m. – 7:00 p.m.**

BEVERAGES

COLD DRINKS

Milk ~ Skim
Milk ~ 2%
Milk ~ Whole
Milk ~ Chocolate
Soy Milk
Lactose Free Milk
Coca Cola
Coca Cola ~ Diet
Coca Cola ~ Diet
Caffeine Free
Mr. Pibb
Sprite
Sprite ~ Diet
Punch
Lemonade •
Tea ~ Sweet
Tea ~ Unsweet

JUICES

Apple
Cranberry
Grape
Orange
Prune
Tomato
V8 Juice
V8 Juice ~
Sodium Free

HOT DRINKS

Cocoa
Coffee
Coffee ~ Decaf
Tea
Tea ~ Decaf
Green Tea



CONDIMENTS

Brown Sugar	Mayonnaise •	Relish
Butter	Mrs. Dash	Salt
Cranberry Sauce	Mustard	Soy Sauce
Honey	Non-dairy Creamer	Sugar
Jelly •	Parmesan Cheese	Sugar Substitute
Ketchup	Peanut Butter	Syrup •
Lemon	Pepper	Tartar Sauce
Margarine	Raisins	Vinegar

If you have diabetes, please notify your nurse when you order your meal. If your doctor has prescribed a special diet, some food items may be substituted. The dining service operator taking your order will advise you on the appropriate food choices.

BREAKFAST

MORNING SPECIALTIES

Bacon
Biscuit and Sausage Gravy (available until 10:30 a.m.)
Breakfast Potatoes ♥
Buttermilk Pancakes ♥
French Toast
French Toast ~ Low Cholesterol ♥
Sausage Links
Scrambled Eggs
Scrambled Eggs ~ Low Cholesterol ♥

OMELET BAR (Choose from these items)

Cheese, Ham, Mushrooms, Onions or Peppers

FRUIT ♥

Apple
Applesauce
Banana
Canned Peaches
Canned Pears
Fresh Fruit Cup (seasonal)
Mandarin Oranges
Prunes
Raisins

BREADS & BAKERY

Biscuit
Blueberry Muffin • ♥
Bran Muffin ♥
Toast (white or wheat) ♥

YOGURT ♥
Blueberry
Peach
Strawberry
Vanilla (Greek)

COLD CEREALS ♥

Cheerios
Corn Flakes
Frosted Flakes
Raisin Bran
Crispy Rice
Rice Chex
Bran Flakes

HOT CEREALS ♥

Grits
Oatmeal



LUNCH & DINNER

SOUP ♥

Broth (Beef, Chicken, Vegetable)
Campbell's® Chicken Noodle
Campbell's® Tomato
Campbell's® Vegetarian Vegetable

SALADS ♥

Chef Salad
Fruit Plate (Seasonal)
Grilled Chicken with Couscous
Hummus Platter with Fresh Raw
Vegetables and Pita Points

Dressings

Oil & Vinegar • ♥ Ranch •
Italian • ♥ Catalina •
Thousand Island

ENTREES ♥

Spaghetti with Meat Sauce or Marinara
Sauce
Chicken or Vegetable Stir Fry with
Steamed Rice
Grilled Whitefish
Pot Roast with Gravy
Chicken Parmesan
Roasted Pork Loin with Cinnamon
Apple Glaze
Roasted Turkey with Dressing
Vegetable Lasagna

SIDES

Rice	Marinated Bean Salad
Mashed Potatoes	Side Salad
French Fries	Cottage Cheese
Broccoli	Potato Chips ~ Baked
Green Beans	Saltines
Carrots	Dinner Roll
Peas	Corn Muffin
Corn	Brown Gravy
Cabbage	

GRILL ITEMS

Breaded Fish Sandwich
Chicken Tenders with
Honey Mustard Sauce
Cheeseburger
Texas Grilled Cheese
Grilled Chicken Sandwich ♥
Grilled Fish Sandwich ♥
Hamburger
Hot Dog
Black Bean Burger
Individual Pizza - Cheese or
Pepperoni available



SANDWICHES

Bread

Croissant
Sandwich ♥
Thins
Rye ♥
Wheat ♥
White ♥

Meats

Bacon
Chicken Salad •
Ham
Tuna Salad •
Turkey ♥
Roast Beef

Cheese

Cheddar, Swiss, American •

Trimmings

Lettuce, Onion, Pickles, Tomato

Also Available

Peanut Butter & Jelly

EXT. 4444

DESSERTS

Sweets

Angel Food Cake
Homemade Apple
Crisp
Carrot Cake
Chocolate Brownie •
Lemon Cake •

Cookies

Chocolate Chip
Graham Crackers
Oatmeal Raisin
Vanilla Wafers

Hand-Dipped Treats

Ice Cream ~ Chocolate •
Ice Cream ~ Vanilla •
Rainbow Sherbet
Fruit Ice ~ Cherry, Lemon, Orange

Fruit ♥

Apple	Canned Pears
Applesauce	Seasonal Fresh
Banana	Fruit Cup
Canned Peaches	Mandarin Oranges

Gelatin •

Berry, Lemon, Orange

Pudding •

Chocolate, Vanilla



This symbol represents foods that are Heart Healthy or are prepared or served in a heart healthy manner. If your doctor has ordered other restrictions, you may not be able to receive all of the food items listed on your menu. Our operators will be happy to assist you with your selections and provide information pertaining to which items are available for any specific diet.

• This symbol indicates items available in regular, low-cal or fat free.