

Regular Menu

Your healthcare providers have ordered a **Regular Diet** for you. This diet has no defined restrictions, but is based upon a recommended healthy eating plan. This menu provides a well-balanced variety of foods, not excessive in sodium or fat. A balanced selection, including whole grain, dairy, fruits, vegetables, and meat or protein, is encouraged for each meal here in the hospital and in your daily life.

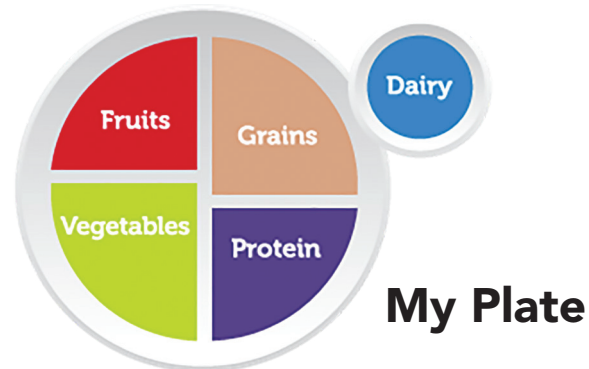
A **High Fiber Diet** helps regulate gastric motility to prevent constipation and help with other gastrointestinal conditions. It is recommended that you increase fiber gradually, to allow your body to adjust to the change and avoid discomfort. High fiber foods include fresh fruits and vegetables, whole grains, and enriched grain products. It is also important to ensure adequate fluid intake as the fiber content of your diet increases.

For all diet orders, please try to select a balanced meal for good health and recovery, as illustrated by the My Plate diagram below.

Our Dietitians

We have dietitians available who can answer any questions you may have regarding your prescribed diet or any other nutrition questions you may have.

They make rounds on the floors frequently. If you have questions, please ask to speak with a registered dietitian.



Room Service Guest Trays

Guest trays for visitors of patients are available for delivery to patient rooms from 6:30am to 7:00pm, one guest tray per meal. Guest selections may be made from the Regular Room Service menus, limited to 1 entrée, 3 sides, 1 bread, 1 dessert, and 2 beverages. Guest Tray fees are payable by cash only upon delivery of the tray.

For Visitors

Café 335 is located on the first floor of the hospital, with a variety of food options available.

The hours of operation are:

1:00am to 3:00am offering a varied menu

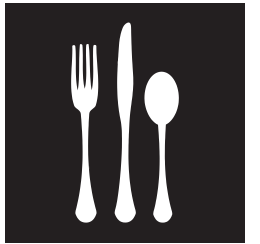
6:30am to 10:45 am for breakfast

11:00am to 7:00pm for lunch and dinner

For daily café menu call 567-309-MENU (6368) from inside or outside the hospital.

Vending machines are also available throughout the hospital.

(If at safety risk or pregnant, consider avoiding deli meats or asking that they be heated.)



**REGULAR MENU
(Regular-7)**



Mansfield Hospital

"Your Call" **Room Service Dining**



*We are committed to providing you with quality, nutritious meals.
It is our sincere pleasure to serve you.*

**Dial *FOOD (*3663)
to place your order.**

Fresh. Made-to-order in about an hour.

Name _____

Room No. _____ Diet Order _____

Regular Menu

How to order your meals—

To place an order, dial *FOOD (*3663). Room Service is available from 6:30am to 7:00pm.
(From outside the hospital, please dial 419-524-3663.)

Breakfast

Available from 6:30am to 10:30am

Cereal

Cheerios	Froot Loops
Raisin Bran [Ⓢ]	Rice Krispies
Corn Flakes	Frosted Flakes
Oatmeal	Shredded Wheat
Cream of Wheat	Rice Chex
Grits	

Main Items

Scrambled Egg	Hard Boiled Egg
French Toast or Pancake with Fruit Topping	

Monday through Friday only—(Except Holidays)

Turkey and Cheese Omelet
Vegetable Omelet—Onions, Bell Peppers, Mushrooms

Weekends and Holidays only—

Egg Frittata (Baked Omelet)

Breakfast Sandwich on English Muffin, White Toast,
Wheat Toast or Biscuit plus up to three of the following:
Egg Cheese Bacon Ham

Breakfast Sides

Bacon
Ham
Sausage
Breakfast Potatoes
Toasted Bagel (plain or wheat)[Ⓢ]
Biscuit
Toast (white, wheat, raisin)
Muffin (banana, chocolate, seasonal)
Chewy Chocolate Chip Granola Bar
Regular or Whipped Yogurts
Fruit Yogurt Parfait

Fruit (available all day)

Mandarin Oranges	Apple
Applesauce	Navel Orange
Grapes [Ⓢ]	Banana
Diced Peaches	
Raisins [Ⓢ]	
Stewed Prunes	
Seasonal Fresh Fruit Cup [Ⓢ] or Fruit Plate [Ⓢ]	

Beverages (available all day)

Orange Juice
Grape Juice
Apple Juice
Cranberry Juice
Prune Juice
Tomato Juice
V8 Juice (regular or low sodium)
Coffee/Decaf Coffee
Tea/Decaf Tea
Herbal Teas
(orange spice or plantation mint)
Green Tea
Iced Tea/Decaf Iced Tea
Hot Chocolate (reg or no sugar added)
Lemonade
Fruit Punch
Milk (fat-free, 2%, chocolate)
(Low-lactose options available upon request.)
Ginger Ale/Diet Ginger Ale
Sierra Mist/Diet Lemon Lime Soda

Condiments (available all day)

Creamer
Lemon Juice Packet
Margarine or Butter
Lite Cream Cheese
Peanut Butter
Grape Jelly
Strawberry Jam
Sugar-free Jams
(grape, strawberry, blackberry)
Honey
Sugar
Brown Sugar
Equal
Splenda
Pancake Syrup/Lite Syrup
Whipped Topping
Chef Seasoning/Mrs. Dash's Seasoning
Ketchup
Mustard
Mayonnaise
Miracle Whip Light
Pickle Slice
Tartar Sauce
Honey Mustard Sauce
Sweet & Sour Sauce
Barbeque Sauce
Hot Sauce

Regular Menu

Lunch and Dinner

Available from 11:00am to 7:00pm

**Ask about our Chef Specials—
available on Tuesdays and Thursdays**

Soups (bowl or cup)

Chicken or Beef Broth

Homemade Soup of the Day

Monday—Vegetable	Friday—Beef Barley
Tuesday—Chicken Noodle	Saturday—Vegetable
Wednesday—Beef Barley	Sunday—Chicken Noodle
Thursday—Vegetable	

Campbell's Soups—(regular or low-salt)

Cream of Mushroom

Chicken Noodle

Tomato

(Please select only one entrée per meal—cold or hot.)

Cold Entrées

Salad with Marinated Grilled Chicken

Chef Salad

Salad Dressings: French, Ranch, Italian

Deli Sandwiches (Sandwiches can also be grilled.)

Turkey

Ham

Chicken Salad

Tuna Salad

Peanut Butter and Jelly

Egg Salad

Sandwich Toppings: Cheese, Lettuce, Tomato, Onion

Hot Entrées

Beef Roast

Meatloaf

Beef and Noodles

Macaroni and Cheese

Roast Turkey

Grilled Chicken Breast

Chicken Tenders

Baked Cod with Crumb Topping

Pasta (Smaller side portions available)

Whole Grain Spaghetti or Egg Noodles with

Meatless Marinara

Meat Sauce

Alfredo Sauce

Add Grilled Chicken, Parmesan Cheese, Mushrooms

Flatbread Pizza—Red Sauce or Alfredo—with up to three of
the following:

Pepperoni

Sausage[Ⓢ]

Grilled Chicken

Sandwiches

Grilled Cheese

Sloppy Joe

Hamburger

Shredded Chicken

Grilled Chicken Breast

Mushrooms

Onions

Desserts and More (available all day)

Fig Newtons

Cookie (chocolate chip or sugar)

Lorna Doone Shortbread Cookies

Cake (Flavor will vary.)

Lite Cheesecake

Angel Food Cake

(plain or with strawberries)

Graham Crackers

Jello

(strawberry or orange)

Sugar-free Jello

(strawberry or orange)

Pudding

(vanilla, chocolate or butterscotch)

Sugar-free Pudding

(vanilla or chocolate)

Vanilla Custard

Fruit Ice (lemon or cherry)

Sherbet (orange or raspberry)

Frozen Yogurt

(vanilla, chocolate or strawberry)

Ice Cream

(vanilla, chocolate or strawberry)

Baked Lay's Potato Chips

Mozzarella String Cheese

Muffin (banana, chocolate, seasonal)

Chewy Chocolate Chip Granola Bar

Regular or Whipped Yogurts

Fruit Yogurt Parfait

More Sides

Tossed Salad

Cole Slaw

Macaroni Salad

Low-fat Cottage Cheese

Raw Vegetable Plate[Ⓢ]

Green Beans

Sliced Carrots

Corn[Ⓢ]

Broccoli

Peas

Broccoli, Carrots and Cauliflower Blend

Rice

Egg Noodles

Mashed Potatoes and Gravy

(beef or chicken)

Baked Potato with Sour Cream

Baked Sweet Potato (half)

Dinner Roll

Garlic Breadstick

Saltines

[Ⓢ] - This food may cause choking in children under 3 years of age.