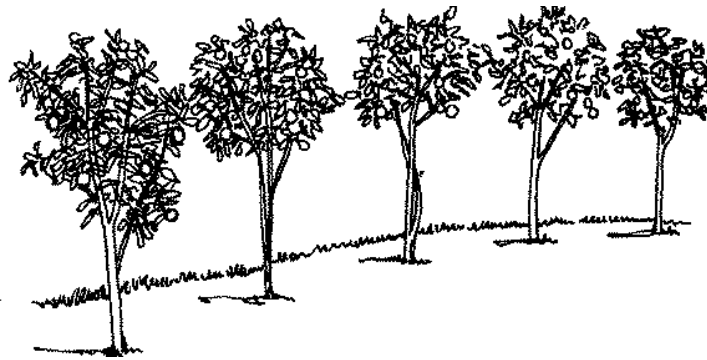




LAKE CHELAN COMMUNITY HOSPITAL
HEALTHCARE CLOSE TO HOME



Orchard Café Room Service Menu

Lake Chelan Community Hospital is pleased to offer Room Service for delivery of your personally selected meal. This menu gives you a wide variety of food items from which to choose. Please note, however, that if your Doctor has placed you on a special diet, not all menu items will be available to you. Please check with your nurse.

Breakfast items available: 7:00 AM to 10:00 AM
Lunch & Dinner items available: 11:00 AM to 5:30 PM

TO ORDER DIAL 6033

BREAKFAST

AVAILABLE 7:00 A.M. TO 10:00 A.M.

	CARB SERVINGS		CARB SERVINGS
<u>CEREALS</u>		<u>EGGS & BREAKFAST MEATS</u>	
♥ Cheerios	1	1 egg, cooked any style	0
♥ Various Flakes	1	♥ Egg Beaters	0
(Wheaties, Special K, Corn, Total)		Ham or Bacon	0
Raisin Bran	2	Breakfast Sandwich	2
Rice Krispies	1	(English muffin, eggs, cheese, ham, or bacon)	
Granola	3		
♥ Cream of Rice	1	<u>BUILD YOUR OWN OMELET</u>	
♥ Hot Cereal of the Day	1	(Regular or ♥ Cholesterol Free)	
		Cheddar Cheese	0
		Ham or Bacon	0
<u>FRUIT</u>		Onion	0
♥ Banana	1	Bell Pepper	0
♥ Apple Sauce	1	Mushrooms	0
♥ Orange, fresh	1		
♥ Diced Peach Cup	1	<u>GRILL AND BREADS</u>	
		French Toast	1
<u>BEVERAGES</u>		Pancakes	1
♥ Apple Juice	1	♥ Toast (white, whole wheat)	1
♥ Cranberry Juice	1	♥ English Muffin Half	1
♥ Orange Juice	1	♥ Bagel half	1
♥ Prune Juice	2	Cream Cheese	0
♥ V-8 Juice, low salt	0	Hash Browns	1
Milk (2%, ♥ skim)	1		
Soy milk	1	<u>YOGURT</u>	
Coffee (regular, ♥ decaf)	0	♥ Low-fat variety	2
Hot Tea (regular, ♥ decaf, ♥ herbal)	0		
Hot Chocolate (regular, sugar free)	½-1		
Coke (regular, diet)	0-2		
♥ Sprite	2		



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

TO ORDER DIAL 6033

LUNCH/DINNER

AVAILABLE 11 A.M. TO 5:30 P.M.

	CARB SERVINGS		CARB SERVINGS
<u>SOUPS</u>		<u>ENTREES</u>	
Soup Special of the Day	0-1	Lunch Special of the Day	0-2
Chicken Noodle (regular, ♥ low salt)	½	<i>(Served from 11:00 A.M. to 1:00 P.M.)</i>	
Tomato	½	Dinner Special of the Day	0-2
♥ Vegetable, Low Salt	1	<i>(Served from 4:30 P.M. to 5:30 P.M.)</i>	
<u>SALAD</u>		Pasta with Marinara Sauce	2
Tossed Green Salad	0	Sirloin Burger (with Bun)	0(2)
Chicken Caesar Salad	1	Garden Burger (with Bun)	1(3)
♥ Cottage Cheese with Fruit	2	♥ Baked Salmon	0
Salad Dressings	0-1	♥ Herb Baked Chicken	0
<u>BUILD YOUR OWN SANDWICH</u>		Sirloin Steak	0
Bread:		<u>SIDES</u>	
♥ Whole Wheat, ♥ White	1 per slice	♥ Vegetable of the Day	0
Cheese:		♥ Mashed Potato	1
Cheddar, American, ♥ Swiss	0	♥ Baked Potato	1
Meat:		Sour Cream, Butter, Smart Balance	0
Ham, Roast Beef, Chicken	0	♥ Rice	1
Vegetables:		♥ Potato Chips, baked	2
♥ Tomatoes, ♥ Lettuce, ♥ Cucumber	0	<u>DESSERTS</u>	
Condiments:		♥ Seasonal Fresh Fruit	1
Mayonnaise (regular, ♥ fat-free), ♥ Mustard	0	♥ Pudding	1
<u>OTHER SANDWICHES</u>		<i>(tapioca, sugar-free chocolate or vanilla)</i>	
Bread:		♥ Sherbet, Rainbow	2
♥ Whole Wheat, ♥ White	1 per slice	♥ Frozen Yogurt (chocolate, vanilla)	1
Egg Salad	0	Oatmeal Raisin Cookie	2
♥ Tuna Salad, Low Salt	0	♥ Gelatin Cup (regular, sugar-free)	0-1
Peanut Butter	0	♥ Angel Food Cake	2
Jelly (regular or sugar free)	0-1	<u>BEVERAGES</u>	
Breakfast Sandwich	2	<i>See selections on "Breakfast" menu</i>	
<i>(English muffin, eggs, cheese, ham, or bacon)</i>			

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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. Try to eat the recommended amount of CARB servings at each meal and evening snack as recommended below.

<u>CALORIE INTAKE</u>	<u>CARB Servings</u>	
	<u>Each Meal</u>	<u>PM Snack</u>
1200 calories	3	1
1400 calories	4	1
1600 calories	4	1
1800 calories	5	1
2000 calories	5	2

CLEAR LIQUID DIET

Fruit Juice (apple, cranberry, grape)

Enlive, apple flavor

Gelatin Cup

Hot Broth, Regular (beef, chicken, vegetable)

Hot Broth, Low Sodium (beef, chicken)

Coffee (regular, decaf)

Hot Tea (regular, decaf, herbal)

Popsicle

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

♥Fruit Juice (apple, cranberry, orange)

Soup

(Day's Special strained, tomato, cream of mushroom, cream of chicken)

♥Hot Cereal

(cream of rice, malt-o-meal, instant oatmeal)

♥Pudding

(tapioca, sugar-free chocolate or vanilla)

♥Lowfat Yogurt (lemon, vanilla)

♥Frozen Yogurt (vanilla, chocolate)

♥Sherbet

Milk (2%, 1%, ♥skim)

Coffee (regular or ♥decaf)

Hot Tea (regular, ♥decaf, ♥herbal)

Hot Chocolate (regular, sugar-free)

Instant Breakfast, Sugar-Free

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TO ORDER DIAL 6033

Items available from your nurse 24 hours a day

SNACKS

CARB SERVINGS

♥ Applesauce	1
♥ Diced Peaches	1
♥ Pudding (tapioca, sugar-free chocolate or vanilla)	1-2
♥ Yogurt, variety	2
♥ Frozen Yogurt (chocolate, vanilla)	2
♥ Sherbet, Rainbow	2
♥ Gelatin Cup (regular, sugar-free)	0-1
♥ Graham Crackers	1
Sandwich (tuna, egg, cheese)	2
♥ Toast (white, whole wheat)	1
Peanut Butter	0
Jelly	1
Sugar-free Jelly	0
Saltine Crackers (regular, ♥ low salt)	1
♥ Popsicle	1
Chicken Noodle Soup (regular, ♥ low salt)	½
Cream of Chicken Soup	½
Cream of Mushroom Soup	1
Tomato Soup	½
♥ Vegetable Soup, Low Sodium	1
♥ Chips, Baked	2
Cereal, Dry	1-3

BEVERAGES

CARB SERVINGS

♥ Apple Juice	1
♥ Cranberry Juice	1
♥ Orange Juice	1
♥ Prune Juice	2
Tomato Juice	0
Milk (2%, ♥ skim)	1
Coffee (regular, ♥ decaf)	0
Hot Tea (regular, ♥ decaf, ♥ herbal)	0
Hot Chocolate (regular, sugar-free)	½-1
Coke (regular, diet)	0-2
♥ Sprite	2
Hot Broth (beef, chicken, vegetable)	0
♥ Hot Broth, Low Salt (beef, chicken)	0



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