



How To Place Your Order

Review the menu and choose the foods you would like to order.
Place your order by dialing 6-5700 anytime between 6:30 a.m. - 7:00 p.m.

If you are on a modified or restricted diet, your Room Service Operator will assist you with your selections. Please allow a minimum of 45 minutes for your order to be delivered.

Your family can assist with orders by calling from home.
To place an order from outside the hospital please call (336) 716-5900 or toll free (877) 866-5915.

Room Service Dining for Guests of Patients

\$5.99 includes one entrée, two side dishes, one dessert and beverage.

Debit Card and Credit Card payment only.
(Visa®, MasterCard®, Discover® and American Express® accepted)

Allow a minimum of 45 minutes to receive your meal. Call 65900 for placing orders or questions.

Explanation about your "Doctor Ordered Diet"

House Select Diet
No diet restrictions. You may select foods as desired.

Consistent Carbohydrate Diet
A balanced diet to control blood sugar levels. A specific number of carbohydrate choices are allowed for each meal depending on your personal needs. In the event that carbohydrate limits are exceeded when ordering, the Customer Service Representative can help you with substitutions.

Neutropenic Precaution
Patients on Neutropenic Precautions may order anything from the menu except fresh strawberries.

Prudent Diet
A diet low in cholesterol, fat and sodium. When you place your order, the amount of cholesterol, fat and sodium will be totaled. In the event that prescribed limits are exceeded, the Customer Service Representative can help you with substitutions.

Clear/Full Liquid Diet
A transitional diet of liquids and semi-liquids, such as yogurt, pudding etc.

Mechanical Soft Diet
A diet that includes soft foods that are easier to chew and swallow.

Predialysis or Dialysis (Renal) Diet
A diet that controls the amount of potassium, phosphorus, sodium and protein in the diet for your kidneys. In the event that prescribed limits are exceeded, the Customer Service Representative can help you with substitutions.



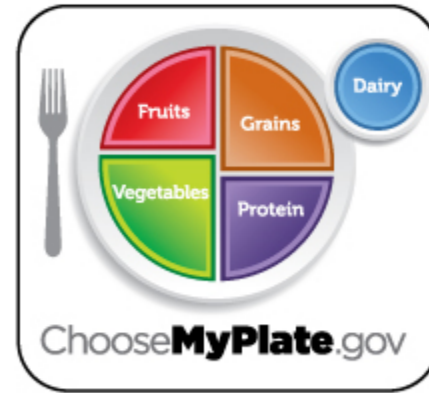
LIQUID DIETS

CLEAR LIQUID DIET

Broth (Vegetable, Beef, Chicken)
Hot Tea (Reg or Decaf)
Iced Tea (Unsweetened or Sweetened)
Juice (Grape, Cranberry or Apple)
Gelatin (Strawberry, Lemon or SF Citrus)
Italian Ice (Cherry, Lemon or Orange)
Popsicle

FULL LIQUID DIET

Includes all Clear Liquid Items plus the following:
Oatmeal
Soup (Tomato Basil or Cream of Chicken)
Orange Juice
Hot Chocolate (Reg or SF)
Milk (Skim, 2% or Whole)
Pudding (Reg or SF) (Vanilla or Chocolate)
Assorted Yogurts
Sherbet (Lime or Orange)
Ice Cream (Vanilla, Chocolate or Strawberry)



Vegetables	Fruits	Grains	Protein	Dairy
Vary Your Veggies. Any vegetables or 100% vegetable juice counts as a member of the Vegetable Group. Fill half your plate with fruits and vegetables.	Focus on fruits. Whole fruit is preferable to juice, but any fruit counts: fresh, frozen, canned, 100% juice or dried. Fill your plate with fruits and vegetables.	Make at least half your grains whole. Read labels to find more whole grain foods. Whole wheat, oatmeal and brown rice are all good.	Go lean with protein. Keep portion to 1/4 of the plate. Nuts, beans, peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.	Get your calcium-rich foods. Remember to buy skim milk or 1% milk. Go easy on cheese. Skim yogurt is a good choice too.



**Wake Forest™
Baptist Health**

Lexington Medical Center

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6:30 a.m. - 7:00 p.m.
Dial 6-5700 to place your order.

sodexo
QUALITY OF LIFE SERVICES

#41389600_2



BREAKFAST FOR YOU

FRUIT
Peaches • Pears
Mandarin Oranges
Fresh Strawberries
Applesauce
Banana
Cantaloupe
Seasonal Fresh Fruit
Fresh Fruit Cup (Diced Cantaloupe, Honey Dew, Pineapple and Grapes)

YOGURT
Low Fat Yogurt
Vanilla or Strawberry

Create Your Parfait
Choice of Fruit and Yogurt,
with or without Granola
(Choice of: Strawberries,
Blueberries or Peaches)

CEREALS - COLD
Cheerios®
Raisin Bran®
Frosted Flakes®
Corn Flakes®
Froot Loops®
Rice Krispies®

CEREALS - HOT
Oatmeal
(Add Bananas or Cranberries)
Grits (Reg or Cheese)

BREAKFAST ENTRÉE
Scrambled Eggs (Reg or LC)
Hard Boiled Egg
Texas French Toast
Buttermilk Pancakes with Syrup
(Choice of Toppings: Blueberry or Banana)

OMELET (Reg or LC)
Your Choice of:
Onion • Diced Tomato
Spinach
Green Pepper
Fresh Herbs
Mushrooms
Turkey Bacon ☐
Ham ☐
Feta
Cheddar
American Cheese

SIDES
Hash Brown Potatoes
Turkey Bacon ☐
Sausage Patty ☐
Cottage Cheese

BAKE SHOP
Blueberry Muffin
Bagel
English Muffin (Reg or Whole Wheat)

COLD
Cola (Reg or Diet)
Lemon Lime Soda (Reg or Diet)
Gingerale (Reg or Diet)
Gatorade® (Fruit Punch or Orange)
Iced Tea (Sweetened or Unsweetened)
Crystal Light® Lemonade

JUICES
Grape • Cranberry
Apple • Orange • Prune

BEVERAGES

HOT
Hot Tea (Reg or Decaf)
Green Tea
Coffee (Reg or Decaf)
Hot Chocolate (Reg or SF)

MILK
Skim • 2% • Whole
Low Fat Chocolate • Soy
Lactose Free

☐ = Higher in Salt LF = Low Fat SF = Sugar Free
LS = Low Sodium LC = Low Cholesterol

Some items may not be appropriate for your diet. Please allow us to help you select.
Some items may be available in 1/2 portions, please ask when ordering.



FRESHLY PREPARED SOUPS

Broths (Vegetable, Beef or Chicken)
Tomato Basil (Reg or LS) • Vegetable (Reg or LS)
Chicken Noodle (Reg or LS) • Cream of Chicken

DELI CREATIONS

(Cold or Grilled)
Choice of: Lettuce, Tomato, Dill Pickle, Mustard, Honey Mustard or Mayonnaise

BREADS
White • Wheat
White ☐ or Wheat ☐ Wrap

CHEESES
American • Swiss • Pimento
Provolone • Cheddar

MEATS AND SPREADS
Tuna Salad • Chicken Salad • Ham ☐ • Smoked Turkey • Roast Beef • Hummus ☐
Peanut Butter and Jelly (Grape or Strawberry)

SOUTH OF THE BORDER

QUESADILLA ☐
Grilled with Your Choice of:
Onion • Tomato • Cheese • Chicken

SIDES
Pinto Beans
Rice
Salsa

ITALIAN CUISINE

PENNE PASTA WITH CHOICE OF SAUCE
Marinara • Meat

ENTRÉE
Chicken Parmesan (Breaded or Grilled)

SIDE
Garlic Bread

PERSONAL PAN CHEESE PIZZA
Additional Toppings:
Onion • Tomato • Green Pepper • Spinach • Pepperoni • Chicken

ASIAN DELIGHTS

A medley of fresh vegetables stir-fried with your choice of sauce and meat,
served over rice

CHOICE OF SAUCE
General Tso • Teriyaki Sauce ☐

CHOICE OF PROTEIN
Chicken • Beef

CONDIMENTS

Sugar • Splenda® • Brown Sugar • Creamer • Salt • Pepper • Salt-Free Seasoning
Fresh Lemon Slice • Ketchup • Mustard • Honey Mustard • Mayonnaise
Tartar Sauce • BBQ Sauce • Hot Sauce • Salsa • Ranch Dressing • Peanut Butter
Malt Vinegar • Sour Cream • Cream Cheese (Reg or Light) • Margarine • Butter
Jelly (Reg or SF) (Grape or Strawberry)



FROM THE GARDEN & TRIMMINGS

Create your own Entree Salad:
Choice of Romaine, Spinach
or Mixed Greens

Choose your Toppings:
Tomatoes, Carrots, Cucumbers,
Green Peppers, Onion, Hard Boiled
Egg, Chicken, Diced Ham,
Shredded Cheddar or Parmesan

SIDE SALAD
Mixed Greens with or without
Tomato and Cucumber

CHOICE OF SALAD DRESSING
Ranch • Balsamic Vinaigrette
Caesar Dressing • Oil & Vinegar
Blue Cheese

GRILL FAVORITES

Grilled Cheese • Baked Tilapia Fish Sandwich • Hamburger • Cheeseburger
Turkey Burger • Black Bean Burger • Chicken Tenders • Grilled Chicken Sandwich

BREADS
Bun • White • Wheat

AMERICAN COMFORTS

Baked Macaroni and Cheese • Grilled Meatloaf with Homemade Brown Gravy
Beef Pot Roast • Crispy Herb Baked Chicken • Baked Tilapia • Grilled Chicken

VEGETABLES, STARCHES & SIDES

Green Beans
Corn
Carrots
Broccoli
Spinach
Whipped Potatoes
(Beef or Chicken Gravy)
Baked Potato
Sweet Potato
Crinkle Cut Fries
Fried Okra

Seasonal Fresh Vegetables
Creamy Cole Slaw
Pinto Beans
Squash Medley
Baby Carrots, Celery, Cucumbers with
Hummus ☐ and Pita Chips
Pretzels
Goldfish®
Baked Lay's® Potato Chips
Homemade Potato Chips
Yeast Roll

DESSERTS

Angel Food Cake
Sugar Cookie
Chocolate Chip Cookie
Vanilla Wafers
Warm Apple Crisp
Cake (Chocolate or Carrot)
Sweet Potato Pie

Gelatin (Strawberry, Lemon or SF Citrus)
Pudding (Reg or SF) (Vanilla or Chocolate)
Italian Ice (Cherry, Lemon or Orange)
Popsicle
Sherbet (Lime or Orange)
Ice Cream (Vanilla, Chocolate or Strawberry)

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