

Your physician has ordered a Texture Modified diet as part of your treatment plan. Our room service menu is complete with nutritious food to meet your dietary needs. As you are making your selections please keep a healthy, balanced diet in mind.

- Choose a variety of foods
- Consider portion control, selecting an appropriate amount of food
- Choose fiber-rich foods with each meal including plenty of fruits, vegetables and whole grains
- Remember to choose some calcium-rich items such as milk, yogurt and cheese
- If you eat desserts and snack foods, please do so in moderation

As part of a texture modified diet, we will provide you with foods that will ease the effort and discomfort of your chewing and digestion to bring you a more enjoyable eating experience.

For **soft diets** foods that are hard, crunchy, sticky, or dry may be restricted for your safety and comfort. These foods include items such as raw vegetables, fruits with skins and seeds such as grapes and apples, chips, crackers, breads, and dry meat.

For **mechanical soft diets**, in addition to the items restricted for soft diets, meats will be ground and other foods may be mashed, blended, or chopped to ease chewing, swallowing, and digestion.

For **pureed diets**, all foods will be blended, mashed, or whipped to a smooth and pudding like consistency to ensure your safety and comfort while eating these foods.

For more information on following a texture modified diet or about your diet in relation to your medical needs please contact your dietetic technician.

For your convenience, menu items are followed by a number indicating the total number of carbohydrate choices it contains.  
15 grams of carbohydrates = (1) serving



- High in Sodium



- High in Fat

### Wayne Selections... Served Exceedingly Well

Wayne HealthCare is pleased to offer hotel-style room service for patient meals. Our "Wayne Selections" service is an extension of our commitment to providing excellence in patient care.

### How to Place Your Meal Order

- Review your menu and select meal items of your choice.
- Call 7444 anytime between 6:30am to 6:30pm.
- Our Call Center Representative will confirm your room number, name, date of birth and diet order, and take your order.
- Your ambassador will make every effort to deliver your meal within 45 minutes.

### Guest Meals

Guest meals are available if family members or visitors would like to dine with you.

- Breakfast [\$5] 1 entree, 3 sides, and beverage.
- Lunch and Dinner [\$7] 1 entree, 2 sides, dessert, and beverage.
- Guest meals should be ordered when the patient meal is ordered.
- The Ambassador will collect cash payment from guest when meal is delivered.
- Correct change is greatly appreciated.

Family members or designees may also place meal orders for patients by calling (937) 547-7444.

Please contact our Call Center at extension **7444** with any questions.

# Wayne Selections... Served Exceedingly Well



## Room Service Menu

Texture Modified



# Breakfast Selections

Please Dial Extension 7444 to place your order

Available 6:30am – 9:30am daily

## Fruits & Yogurt

Banana<sup>(1)</sup> Lite Peach Yogurt<sup>(1)</sup> Pear Slices<sup>(1)</sup>  
Applesauce<sup>(1)</sup> Vanilla Yogurt<sup>(1)</sup> Peach Slices<sup>(1)</sup>

## Cereals

Cheerios<sup>®(1)</sup> Rice Chex<sup>®(2)</sup> Oatmeal<sup>(2)</sup>  
Honey Nut Cheerios<sup>®(1)</sup> Corn Flakes<sup>®(1)</sup> Cream of Wheat<sup>®(1)</sup>

All cold cereals come with your choice of 2%<sup>(1)</sup>, 1%<sup>(1)</sup> or fat free<sup>(1)</sup> milk.  
Brown sugar<sup>(1)</sup> or Light brown sugar are available for your hot cereal.

## Breakfast Breads

White Toast<sup>(1)</sup> English Muffin<sup>(2)</sup>  
Whole Wheat Toast<sup>(1)</sup> Blueberry Muffin<sup>(2)</sup>

Choice of Spread: Margarine, Honey<sup>(1)</sup>, Cream Cheese  
Regular Jelly - Apple<sup>(1)</sup>, Grape<sup>(1)</sup>, Mixed Fruit<sup>(1)</sup>, Blackberry<sup>(1)</sup>  
Diet Jelly – Grape, Blackberry

## Breakfast Entrees

**Eggs:** Scrambled, Heart Healthy Scrambled, Hard Boiled, Cheese Omelet

Buttermilk Pancakes<sup>(1)</sup> - Served with margarine and syrup or diet syrup<sup>(1)</sup>.

Breakfast Sandwich<sup>(2)</sup> - English muffin with scrambled eggs, ham and American cheese.

## Sides

Light Sausage Links  
Ham Slice

# Lunch & Dinner Selections

Please Dial Extension 7444 to place your order

Lunch – Available 10:45am – 1:30pm daily | Dinner – Available 4:00pm – 6:30pm daily

## Starters

**Soup** - Vegetarian Vegetable<sup>(1)</sup>, Chicken Noodle<sup>(1)</sup>, Soup of the Day<sup>(1)</sup>  
Saltine and unsalted crackers available.

## Main Attractions

- Home-Style Roasted Turkey Breast with Gravy<sup>(1)</sup>  
Cranberry sauce on the side.
- Penne Pasta Bowl<sup>(4)</sup> - Choice of Marinara or Alfredo Sauce.
- Tilapia Fillet<sup>(1)</sup> - Garlic, lemon & herb marinated, and pan seared.
- Salisbury Steak<sup>(1)</sup> - Lean ground beef steak covered in a Burgundy mushroom sauce.
- Grilled Chicken Breast - Boneless chicken breast, marinated in lemon garlic and herbs.
- Baked Macaroni & Cheese<sup>(2)</sup> - Old fashioned comfort food.
- Meatloaf<sup>(1)</sup> - Baked with onion, bell peppers, and seasonings.

## From the Grill

Hamburger, Turkey Burger, Grilled Chicken, Grilled Cheese.  
Feel free to add any cheese, topping, or condiment listed below!

**Create Your Own Sandwich:** (served hot or cold)

Meat - Turkey, Ham, Tuna Salad<sup>(1)</sup>

Bread/Bun<sup>(2)</sup> - White, Whole Wheat

Cheese - Swiss, Cheddar, Provolone, American

Condiment - BBQ Sauce<sup>(1)</sup>, Honey Mustard, Ketchup, Mustard,  
Kraft Olive Oil Mayonnaise<sup>®</sup>, Light Miracle Whip<sup>®</sup>

## Sides

Brown Rice<sup>(1)</sup> Steamed Baby Carrots Mashed Potatoes<sup>(1)</sup>  
Dinner Roll<sup>(1)</sup> Macaroni & Cheese<sup>(1)</sup>  
White or Wheat

## Sweet Treats

- Apple Pie<sup>(2)</sup>
- Iced Fudge Brownie<sup>(2)</sup>
- Angel Food Cake<sup>(1)</sup>
- Cookie<sup>(1)</sup> - Chocolate Chip
- Ice Cream<sup>(1)</sup> - Vanilla, Chocolate
- Sherbet<sup>(2)</sup> - Raspberry, Orange
- Gelatin - (Regular<sup>(1)</sup> or Sugar Free) Strawberry, Cherry, Raspberry, Orange, Lemon, Lime
- Fruited Gelatin<sup>(2)</sup>

## Condiments

Salt, Pepper, Mrs. Dash<sup>®</sup>, Sugar, Equal<sup>®</sup>, Splenda<sup>®</sup>, Sweet & Low<sup>®</sup>,  
Ketchup, Salsa, Sour Cream, Hot Sauce

Some items may be limited and adjusted to meet nutritional needs as ordered by your physician to optimize your care.

## Beverages

Coffee - Regular, Decaf

Tea - Regular, Decaf, Green, Iced

Add some: Half & Half, Non Dairy Creamer, Lemon Juice, Honey<sup>(1)</sup>

Hot Chocolate - Regular<sup>(1)</sup>, Reduced Sugar

Milk - Fat Free<sup>(1)</sup>, 1%<sup>(1)</sup>, 2%<sup>(1)</sup>, Vanilla Soy Milk<sup>(1)</sup>, Chocolate<sup>(1)</sup>

Juice - Apple<sup>(1)</sup>, Orange<sup>(1)</sup>, Cranberry<sup>(1)</sup>, Grape<sup>(1)</sup>, Prune<sup>(1)</sup>,

Low Sodium V-8<sup>®</sup>, Tomato

Soft Drink - Pepsi<sup>®(2)</sup>, Diet Pepsi<sup>®</sup>, Caffeine Free Pepsi<sup>®(3)</sup>, Caffeine Free Diet Pepsi<sup>®</sup>, 7 Up<sup>®(2)</sup>, Diet 7 Up<sup>®</sup>, Mountain Dew<sup>®(2)</sup>, Diet Mountain Dew<sup>®</sup>