



Daily Menu

Room Service

at IREDELL MEMORIAL HOSPITAL



Room Service Menu

Full Breakfast available 7:00 - 10:30 am

Limited Breakfast available 10:30 am - 7:00 pm

Lunch and Dinner available 11:00 am - 7:00 pm

We're glad you've chosen Iredell Memorial Hospital for your care. We realize that hospital meals are a very important part of your stay. That's why Iredell Memorial Hospital's Room Service program gives you a broad selection of menu choices, meal times, and the ability to speak with a Call Center Attendant about your meal.

To assure your safety, we will accept your menu selection after your physician has ordered your diet.

Please dial 3663 when you are ready to place your meal order. If calling from outside the hospital, dial 704.873.5661 and ask for extension 3663.

The Call Center Attendant will assist you in making appropriate choices based on the diet your physician has prescribed for you. An Ambassador will deliver your meal to you within 45 minutes. Family or staff members can order for you as well.

It is important to consult with your nurse when ordering your meal to work around treatment and therapy schedules.

** Not all menu items are appropriate for all diets. If you are on a special diet please read the "Special Diet Key."

Special Diet Key . . . page 2

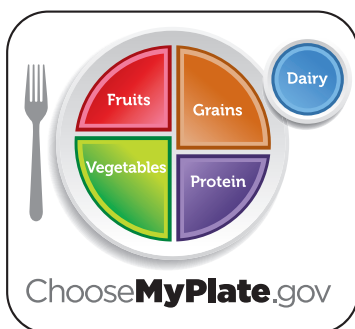
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Lunch & Dinner

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Healthy Eating Habits

- Focus on making healthy food and beverage choices from all five food groups, including fruits, vegetables, grains, protein foods, and dairy to get the nutrients your body needs.
- Make half your plate fruits and vegetables.
- Make half your grains whole grains.
- Move towards low-fat and fat-free dairy.
- Look for food and drink choices that are lower in saturated fat, sodium, and added sugars.
- Exercise regularly to promote a healthy weight and fitness level. Be active your way.

Special Diet Key

● Regular Diet

No restrictions. All menu items are available.

Cardiac Diet / Low Sodium Diet

Low cholesterol, sodium, and fat.

♥ Items with a heart on menu are allowed on the cardiac diet.

Renal Diet

Restricted in potassium, sodium, phosphorus, and protein.

★ Items with a star on menu are allowed on the renal diet.

GI Soft / Low Fiber Diet

Low fiber for the digestive tract.

■ Items with a square on menu are allowed on the GI Soft / Low Fiber Diet.

Low-Gluten Diet

◆ Appropriate diet for those with a preference for a low gluten diet not for an allergy.

Our kitchen is not designated gluten-free thus foods are at risk for cross-contamination.

Diabetic Diet

- Meal Timing - Eat at the same time each day.
- Portion Control - Eat the same amount of carbohydrates at each meal. Carbohydrates are estimated in grams and can be found next to each food. For example, whole wheat toast (15g).

Carbohydrate Serving Size Examples:

1 cup milk (12g) ½ cup juice (15g)
⅓ cup pasta (15g) 1 slice toast (15g)
½ cup oatmeal (15g) ½ cup fruit (15g)

As prescribed by your physician, below are the diabetic meal pattern options.

- Low: 45g carbs per meal / 1200-1500 total calories per day
- Medium: 60g carbs per meal / 1600-2000 total calories per day
- High: 75g carbs per meal / 2100-2400 total calories per day

Iredell Health System offers diabetes management classes at our Wellness Center in Troutman.

Ask the diabetes educator for more information.



Lunch & Dinner

Soups	
● ● ● ●	Broth (0g) <i>Chicken, Beef, or Vegetable</i>
● ●	Homestyle Chicken Noodle Soup (10g)
● ● ● ●	Low Sodium Chicken Noodle (8g)
● ●	Cream of Potato with Bacon (36g)
● ●	Cream of Tomato (20g)
● ● ● ●	Low Sodium Cream of Tomato (22g)
● ● ● ●	Vegetarian Vegetable (12g)
● ●	Saltine Crackers (5g)

Salads	
● ● ● ●	Fresh Chicken Caesar Salad (12g)
● ● ● ●	Chef Salad (7g)
● ● ● ●	Mixed Green Side Salad (5g)
● ● ● ●	Dressing Selection <i>Regular: Thousand Island, Bleu Cheese, Caesar, Ranch, French, or Italian (1-2g)</i> <i>Fat Free: Thousand Island, Ranch, French, or Italian (4-11g)</i>
● ● ● ●	Cole Slaw, Side (16g)
● ● ● ●	Cottage Cheese, Side (8g)
● ● ● ●	Fresh Cut Fruit & Cottage Cheese (15-30g)
● ● ● ●	Gelatin Salad with Fruit (27g)

Build Your Own Sandwich	
HOT	
● ● ● ●	Grilled Chicken Breast (45g)
● ● ● ●	Hamburger (28g) or Cheeseburger (32g)
● ● ● ●	Vegetable Burger (45g)
● ● ● ●	Grilled Cheese (34g)
COLD (35-50g)	
● ● ● ●	Protein: <i>Ham, or Turkey</i>
Salad: <i>Tuna Salad, Egg Salad, Chicken Salad</i>	
Cheese: <i>American or Swiss</i>	
Extra Toppings: <i>Lettuce, Tomato, Onion, Pickle</i>	
Bread: <i>White (30g), Whole wheat (30g), or Wrap (43g)</i>	

Entrees	
● ● ● ● ●	Grilled Chicken Breast (0g)
● ● ● ● ●	Country Fried Chicken Breast (26g)
● ● ● ● ●	Fried Chicken Tenderloins (20g)
● ● ● ● ●	Traditional Turkey and Dressing (15g)
● ● ● ● ●	Quesadilla - Chicken or Cheese (41g)
● ● ● ● ●	Braised Beef Pot Roast (10g)
● ● ● ● ●	Meatloaf with Gravy (10g)
● ● ● ● ●	Roasted Pork Chop (0g)
● ● ● ● ●	Pasta with Marinara Sauce (43g)
● ● ● ● ●	Beef Lasagna (40g)
● ● ● ● ●	Baked Fillet of Fish (0g)

Condiments	
● ● ● ● ●	BBQ Sauce (7g)
● ● ● ● ●	Hot Sauce (0g)
● ● ● ● ●	Honey Mustard (7g)
● ● ● ● ●	Cranberry Sauce (5g)
● ● ● ● ●	Tartar Sauce (0g)
● ● ● ● ●	Ketchup (3g)
● ● ● ● ●	Mustard (0g)
● ● ● ● ●	Mayo (0g)
● ● ● ● ●	Sour Cream (0g)
● ● ● ● ●	Parmesan Cheese (0g)

Availability of ingredients is based on your diet prescription.

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Lunch & Dinner

Available 11:00 am - 7:00 pm

- Regular Diet
- ♥ Cardiac Diet /Low Sodium Diet
- ★ Renal Diet
- GI Soft / Low Fiber Diet
- ◆ Low-Gluten Diet

Sides
● ♥ ◆ Steamed Broccoli (5g)
● ♥ ★ ◆ Steamed Baby Carrots (9g)
● ♥ ★ ■ ◆ Green Beans (5g)
● ♥ ★ ■ ◆ Collard Greens (5g)
● ♥ ★ ◆ Cut Corn (15g)
● ♥ ◆ Pinto Beans (21g)
● ♥ ■ Macaroni & Cheese (32g)
● ♥ ■ ◆ Baked Potato (31g)
● ♥ ■ ◆ Baked Sweet Potato (31g)
● ♥ ■ ◆ Whipped Potatoes (18g)
● ◆ French Fries (26g)
● ◆ Potato Chips (23g)
● ♥ ◆ Baked Potato Chips (24g)
● ♥ ★ ■ ◆ White Rice (36g)
● ♥ ★ ■ Dinner Roll (14g)

Desserts
● ♥ ■ ◆ Pudding Regular: <i>Banana, Chocolate, or Vanilla</i> (25g) Sugar Free: <i>Vanilla or Chocolate</i> (13g)
● ★ ■ Apple Pie (43g)
● ● Sweet Potato Pie (31g)
● ★ ■ New York Cheesecake (25g)
● ♥ ● ● Angel Food Cake (16g)
● ■ Chocolate Cake (46g)
● ★ ■ ◆ Ice Cream (15g) <i>Chocolate or Vanilla</i>
● ★ ■ ◆ Italian Ice (18g) <i>Lemon or Strawberry</i>
● ■ ◆ Orange Sherbet (24g)
● ♥ ★ ■ ◆ Jello Regular: <i>Strawberry or Cherry</i> (16g) Sugar Free: <i>Strawberry or Orange</i> (0g)

Beverages
● ♥ ★ ■ ◆ Bottled Water (0g)
● ♥ ★ ■ ◆ Juice <i>Apple, Cranberry, Grape or Orange</i> (15g); <i>Prune</i> (22g); <i>Tomato, or V-8</i> (7g)
● ♥ ★ ■ ◆ Iced Tea <i>Sweet</i> (15g) or <i>Unsweetened</i> (0g)
● ♥ ★ ■ ◆ Lemonade (15g)
Soft Drinks
● ■ ◆ Regular: <i>Dr. Pepper or Pepsi</i> (26g)
● ★ ◆ Regular: <i>Ginger Ale</i> (21g), <i>Mountain Dew</i> (29g), or <i>Sierra Mist</i> (23g)
● ■ ◆ Diet: <i>Dr. Pepper or Pepsi</i> (0g)
● ♥ ■ ◆ Diet & Caffeine Free: <i>Ginger Ale, Pepsi, or Sierra Mist</i> (0g)
● ♥ ★ ■ ◆ Hot Tea (0g) <i>Decaf or Regular</i>
● ♥ ★ ■ ◆ Freshly Brewed Coffee (0g)
● ■ ◆ Hot Chocolate <i>Regular</i> (16g) or <i>Sugar Free</i> (11g)
● ★ ■ ◆ Milk: <i>Whole</i> (12g), <i>2%</i> (12g), <i>Skim</i> (13g)
● ■ ◆ Milk: <i>Buttermilk</i> (12g); <i>Chocolate</i> (19g)

Availability of ingredients is based on your diet prescription.

Liquid Diets

Full Liquid Diet		
<p>This diet consists of foods that are liquid at body temperature. A high protein/calorie supplement will be provided three times a day on this diet. Only order from the full liquid menu.</p>		
<p>High Protein/Calorie Supplements <i>Apple, Chocolate, Mixed Berry, Strawberry, Vanilla</i></p>		
<p>Juice <i>Apple, Cranberry, Grape, Orange, Pineapple, or V-8</i></p>	<p>Soup <i>Cream of chicken, Potato, or Tomato</i></p>	<p>Italian Ice <i>Lemon or Strawberry</i></p>
<p>Milk <i>Whole, 2%, 1%, Skim, Chocolate, or Buttermilk</i></p>	<p>Cereal <i>Cream of wheat, Grits, or Oatmeal</i></p>	<p>Vanilla Ice Cream</p>
<p>Coffee</p>	<p>Yogurt <i>Vanilla</i></p>	<p>Orange Sherbet</p>
<p>Hot Tea</p>	<p>Pudding <i>Banana, Chocolate, Vanilla</i></p>	<p>Popsicle</p>
<p>Iced Tea</p>	<p>Bottled Water</p>	
<p>Soft Drinks</p> <ul style="list-style-type: none"> ● ■ ◆ Regular: <i>Dr. Pepper or Pepsi (26g)</i> ● ★ ◆ Regular: <i>Ginger Ale (21g), Mountain Dew (29g), or Sierra Mist (23g)</i> ● ■ ◆ Diet: <i>Dr. Pepper or Pepsi (0g)</i> ● ♥ ■ ◆ Diet & Caffeine Free: <i>Ginger Ale, Pepsi, or Sierra Mist (0g)</i> 		



Clear Liquid Diet		
<p>This diet consists of beverages and foods that are transparent and liquid at body temperature. A high protein/calorie broth and juice will be provided three times a day on this diet. Only order from the clear liquid menu.</p>		
<p>Coffee</p>	<p>Fruit Juices <i>Apple, Cranberry, Grape</i></p>	<p>Gelatin <i>Cherry or Orange</i></p>
<p>Hot Tea</p>	<p>High-Calorie Juices <i>Apple or Mixed Berry</i></p>	<p>Italian Ice <i>Lemon or Strawberry</i></p>
<p>Iced Tea</p>	<p>Broth <i>Beef, Chicken, or Vegetable</i></p>	<p>Popsicle</p>
<p>Bottled Water</p>		

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Iredell

MEMORIAL HOSPITAL

Inspire Wellbeing — *Together*

