

# Robinson Memorial Hospital Room Service

Robinson Memorial Hospital is pleased to offer Room Service to our patients. Here's how Room Service works:

1. Your doctor specifies your diet order during your stay. Please discuss any concerns you have regarding your diet order with your physician.
2. A Room Service menu is located in your room. Use this menu to order your meals from a wide variety of food choices at times that are convenient for you.
3. Once you have made your selections please call your Room Service Representative at extension **72390**. They will assist you with your menu selections and help answer your questions. If you are ordering for a family member from outside of the hospital, you may call 330-297-2390.
4. A Nutrition Services host or hostess will deliver your meal within 45 minutes of placing your order.

*We want to provide you with excellent meal service.*

The diet ordered by your physician should guide your menu selections. Your diet may change during your stay. Below, we have provided a short explanation about therapeutic diets served at Robinson Memorial Hospital:

**Heart Healthy** - Previously called "cardiac", this diet restricts fatty and salty foods as well as caffeine in your beverages. Food items with this symbol ⊖ should be avoided.

**Carbohydrate Consistent** - All carbohydrates are allowed but should be eaten in consistent amounts. Numbers in parentheses (2) indicate carbohydrate choices. Select up to 4 carbohydrate choices per meal.

**Dental Soft** - Foods appropriate for your chewing ability. Most meats are ground with a restriction on fresh fruits and vegetables.

**Low Sodium** - Restricts foods that are high in sodium and salt. Food items with this symbol ⊖ should be avoided.

**Liquid Diet** - A short-term, clear or transitional diet which includes foods that are liquid at room temperature. Refer to the back page of this menu for your food options.

**Fluid Restriction** - Can be added to any diet to limit the intake of fluids.

**Renal** - Due to the food restrictions on the renal diet, your host or hostess will provide you with a renal Room Service menu.

## Dial 72390

### CLEAR LIQUID DIET

Broth	Juice	Gelatin	Frozen Desserts	Beverages
Chicken Beef Vegetable	Orange Cranberry Grape Apple Prune	Cherry Orange	Diet Sorbet Italian Ice Popsicle	Black Coffee Black Decaf Coffee Tea Decaf Tea Iced Tea Soda

*Availability of flavors may vary.*



### TRANSITIONAL LIQUIDS

Transitional liquids, previously called "full liquids," may be preferred by patients before moving to solid foods.

Those individuals who are lactose intolerant may not tolerate transitional liquids because this diet contains a large percentage of milk-based food products.

Broth	Juice	Gelatin	Beverages	Frozen Desserts
Chicken Beef Vegetable	Orange Cranberry Grape Apple Prune	Cherry Orange	Coffee Decaf Coffee Tea Decaf Tea Iced Tea Soda	Diet Sorbet Italian Ice Popsicle Vanilla Ice Cream Chocolate Ice Cream Orange Sherbet Raspberry Sherbet
Soup/Cereal	Pudding	Milk	Fortified Drink	
Tomato Cream of Wheat Strained Potato Chowder	Vanilla Chocolate Tapioca	Skim 2% Whole Chocolate	Vanilla Chocolate	

### VISITOR INFORMATION

**Our Room Service menu is offered complimentary to patients.**  
**For your convenience, visitors may purchase a guest meal to be sent up with the patient's tray.**  
**Please purchase your guest meal ticket in the cafeteria, then order the guest and patient trays together.**  
**Ask your Room Service Representative for more details and pricing or dial 72390.**

**If you would like to order for your family member, you can call us direct from outside of the hospital:  
330-297-2390.**

Please let us know if you need assistance to meet ethnic or religious food needs.

# Robinson Memorial Hospital Room Service Menu



**To place an order, dial 72390**  
**From outside the hospital, dial 330-297-2390**

**Place orders between 7:30 a.m. and 6:30 p.m.**

## Breakfast

Served all day

### HOT ENTRÉES

**Buttermilk Pancakes with Syrup (2)**  
Try any combination of add-ins:  
Banana, Blueberry, Walnuts, Chocolate Chips

**French Toast with Syrup (2)**  
Batter dipped Texas Toast

**Omelet**  
Try any combination of add-ins:  
Green Pepper, Onion, Cheese, Spinach, Tomato, Ham,

**Scrambled Eggs**

**Breakfast Sandwich (2)**  
Build your own from:  
English Muffin, Bagel, Egg Patty, Sausage Patty,  
Bacon, Cheese

**Breakfast Meats**  
Bacon, Sausage Patty, Grilled Turkey

**Hash Browns (1)**

### CEREALS

**Hot Cereal (1)** Oatmeal, Cream of Wheat  
*Add brown sugar (1)*

**Cold Cereal (1)** Rice Krispies®, Cornflakes®,  
Cheerios®, Frosted Flakes

### BAKERY & BREADS

**Toast (1)**  
White, Wheat, Rye

**Blueberry Muffin**  
Regular, Low-fat (2)

**Bagels**  
Plain (3)  
Blueberry (2)

**English Muffin (2)**  
Buttermilk Biscuit (1)

### YOGURT & FRUITS

**Yogurt (1)**  
Strawberry, Peach, Blueberry or Raspberry  
*Availability of flavors may vary*  
*Add granola. (1)*

**Fruit Cup (1)**  
Pineapple, Peaches, Pears or Applesauce  
*Add granola. (1)*

**Fresh Fruit (1)**  
Banana (2), Orange, Apple or Grapes

## Dial 72390



### ENTRÉE SALADS

**Chef Salad (1)**  
Mixed salad greens with strips of ham and turkey, tomato,  
cucumber, carrots, cheese and a hard boiled egg.  
Served with your choice of salad dressing.

**Grilled Chicken Salad (1)**  
Mixed salad greens with tomato, cucumber, red onion and  
carrots topped with grilled chicken breast.  
Served with your choice of salad dressing.

**Garden Salad (1)**  
Mixed salad greens with tomato, cucumber, red onion,  
carrots and croutons.  
Served with your choice of salad dressing.

**Dressings**  
Italian, Ranch, French, Diet Ranch (1),  
Diet French (1), Oil & Vinegar, Homemade Italian

### SOUPS

**Homemade Chicken Noodle Soup (1)**

**Homemade Potato Chowder (1)**

**Campbell's® Tomato Soup (1)**

**Beef Broth**

**Chicken Broth**

**Vegetarian Broth**

*Add saltines or salt-free crackers.*

## Lunch & Dinner

Service begins at 11:00 a.m.

### ENTRÉES

**Chicken, Beef or Vegetarian Quesadilla (2)**  
In a flour tortilla, grilled until golden with your choice of green peppers, onions, tomatoes or cheese. Request sour cream or salsa.

**Chicken & Dumpling (2)**  
Slow cooked, tender chicken with peas and carrots in a creamy sauce served over a dumpling.

**Chicken Parmesan**  
Boneless, seasoned chicken breast topped with homemade marinara sauce and Provolone cheese. Try it with a side of spaghetti.

**Savory Herb Chicken**  
Boneless chicken breast seasoned with oregano, parsley and thyme for a classic roasted flavor.

**Chicken Tenders (2)**  
Breaded chicken strips fried until golden. Choice of BBQ or Honey Mustard sauce.

**Roast Beef**  
Sliced and topped with beef gravy – great as an open face sandwich.

**Homemade Meatloaf (1)**  
Lean ground beef with onions and green peppers topped with beef gravy.

**Grilled Pork Loin**  
Tender slices paired with fresh rosemary, thyme and topped with gravy.

**Potato Crusted Fish (1)**  
A mild flavored white fish with potato crust.

**Pan-Seared Tilapia (1)**  
Seasoned with garlic and herbs.

**Salmon Filet**  
Grilled and lightly seasoned with fresh lemon and dill.

**Lasagna Roll-Up (2)**  
Lasagna noodle rolled and stuffed with ricotta cheese, Italian spices and topped with homemade marinara sauce.

**Potato and Cheddar Pierogies (2)**  
Sautéed in butter and sweet onions.

*Add a vegetable and/or side to any entrée.*

### SIDES

**Brown Rice (1)**

**Green Beans**

**Potato Chips (2)**

**Tossed Salad**

**Whipped Potatoes (1)**

**Carrots**

**Baked Potato Chips (2)**

**Coleslaw**

**Roasted Sweet Potatoes (2)**

**Broccoli**

**Buttered Noodles (1)**

**Cottage Cheese**

**Red Skin Potato Wedges (2)**

**Corn (1)**

**Side of Spaghetti (2)**

**Veggies and Dip (1)**

**Dinner Roll (1)**

**Cheese and Crackers (2)**

## Dial 72390

### FROM THE GRILL

**Hamburger**

**Fish Sandwich (1)**

**Hot Dog**

**Cheeseburger**

**French Fries (3)**

**Grilled Cheese**

**Grilled Chicken Sandwich**

**Choose your bread (2)**  
White Bread, Wheat Bread, White Bun, Wheat Bun

**Choose your toppings**  
Lettuce, Tomato, Onion, Pickle, Cheese



### DELI BAR

**Bread (2)**  
White  
Wheat  
Rye  
White Bun  
Wheat Bun

**Spreads**  
Chicken Salad  
Tuna Salad  
Peanut Butter & Jelly  
Egg Salad

**Meat**  
Turkey  
Ham

**Cheese**  
American  
Swiss  
Provolone

**Condiments**  
Ketchup  
Mustard  
Miracle Whip  
Mayonnaise

*Top your sandwich with lettuce, tomato, onion or a pickle.*

### DESSERTS

**Angel Food Cake (2)**

**Fresh Baked Chocolate Chip Cookies (3)**

**Italian Ice (2)**

**Gelatin (1)**  
Cherry, Orange

**Apple Pie (4)**

**Sugarfree Cookies (1)**

**Ice Cream (1)**  
Vanilla, Chocolate

**Diet Gelatin (0)**  
Strawberry, Orange

**Iced Chocolate Brownie (3)**

**Custard (1)**

**Sherbet (2)**  
Orange, Raspberry

**Regular Pudding (2)**  
**Diet Pudding (1)**  
Vanilla, Chocolate

**Homemade Crisps (2)**  
Apple Crisp  
Cherry Crisp

**Diet Sorbet (0)**

*Availability of flavors may vary.*

### BEVERAGES

**Juice (1)**  
Orange  
Cranberry  
Grape  
Apple  
Prune

**Milk (1)**  
Skim  
2%  
Whole  
Chocolate (2)

**Beverages**  
Coffee  
Decaf Coffee  
Tea  
Decaf Tea  
Iced Tea  
Hot Chocolate  
Diet Hot Chocolate (1/2)  
Bottled Water

**Soda**  
Cola  
Diet Cola  
Lemon Lime  
Diet Lemon Lime  
Ginger Ale  
Diet Ginger Ale

If your doctor has prescribed a therapeutic diet, some items may be modified or should be avoided. • Indicates items that should be avoided on a heart healthy or low sodium diet. • Numbers in parentheses (2) indicate carbohydrate choices.