

Your physician has ordered a Gluten Restricted diet as part of your treatment plan. Our room service menu is complete with nutritious food to meet your dietary needs and is designed to help restrict your exposure to gluten. 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 gluten free 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

Gluten is a protein found in wheat, barley, and rye. If you have celiac disease, it is important for you to try to avoid gluten because it can cause your intestines to not absorb the calories and nutrients you eat. If you have gluten intolerance, avoiding gluten can help decrease the occurrence of your symptoms.

Gluten is mainly found in bread products but can also be found in places you would not expect like candy, lunch meats, sauces, meats with fillers like meatloaf, gravy, and seasoned snack foods like crackers and chips. It is important to read food labels and check ingredients.

For more information on how to follow a gluten restricted diet 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

Gluten Restricted



Breakfast Selections

Please Dial Extension 7444 to place your order
Available 6:30am – 9:30am daily

Fruits & Yogurt

Fresh Fruit Cup ⁽¹⁾	Strawberry Yogurt ⁽¹⁾	Peach Slices ⁽¹⁾
Banana ⁽¹⁾	Vanilla Yogurt ⁽¹⁾	Apple Slices ⁽¹⁾
Orange Wedges ⁽¹⁾	🍲 Cottage Cheese	Pear Slices ⁽¹⁾
		Grapes ⁽¹⁾

Cereals

Rice Chex ^{®(2)}	Cheerios ⁽¹⁾
Oatmeal ⁽²⁾	Honey Nut Cheerios ⁽¹⁾

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

Breakfast Breads

Gluten Free Bread

Choice of Spread: Margarine, Honey⁽¹⁾, 🍲 Peanut Butter, 🍲 Cream Cheese
Regular Jelly - Apple⁽¹⁾, Grape⁽¹⁾, Mixed Fruit⁽¹⁾, Strawberry⁽¹⁾, Blackberry⁽¹⁾
Diet Jelly – Grape, Strawberry, Blackberry

Breakfast Entrées

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

🍲 **Breakfast Sandwich⁽²⁾** - Gluten-free bread with scrambled eggs, ham and American cheese.

Sides

🍲 Bacon	Browned Seasoned Cubed Potatoes ⁽¹⁾
🍲 Light Sausage Links	
🍲 Ham Slice	

Every precaution has been made to ensure the menu items listed have been purchased without gluten and gluten exposure. However, these items are prepared in a facility that is not gluten free.

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

Side Salad - Tossed Green

Dressing: Lite Ranch, Italian*, French*
*Available in light versions

Main Attractions

🍲 **Home-Style Roasted Turkey Breast⁽¹⁾** - Cranberry sauce on the side.

🍲 **Tilapia Fillet⁽¹⁾** - Garlic, lemon & herb marinated, and pan seared.

🍲 **Grilled Chicken Breast** - Boneless chicken breast, marinated in lemon garlic and herbs.

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⁽¹⁾, 🍲 Chicken Salad⁽¹⁾

Bread⁽²⁾ - Gluten Free Bread

Cheese - 🍲 Swiss, 🍲 Cheddar, 🍲 Provolone, 🍲 American

Topping - Lettuce, Tomato, Sliced Onion, 🍲 Dill Pickle Chips

Condiment - 🍲 BBQ Sauce⁽¹⁾, 🍲 Honey Mustard, 🍲 Ketchup, Mustard, Light Miracle Whip[®]

Sides

Brown Rice ⁽¹⁾	Steamed Baby Carrots	Green Beans
Baked Chips ⁽²⁾	Fresh Broccoli Florets	Mashed Potatoes ⁽¹⁾
Garden Vegetable Medley	Whole Kernel Corn ⁽¹⁾	Roasted Red Potatoes ⁽¹⁾

Entrée Salads

🍲 **Grilled Chicken Salad** - A bed of crisp baby greens with cucumber, tomato, and carrots, topped with a grilled chicken breast and Parmesan cheese.

🍲 **Classic Chef Salad** – Garden fresh mixed greens topped with julienne strips of ham, turkey and cheese. Garnished with egg wedges and tomatoes.

Dressing: Ranch*, Italian*, French*, Balsamic Vinaigrette

*Available in light versions

Sweet Treats

Fresh Fruit Cup⁽¹⁾

Ice Cream⁽¹⁾ - Vanilla, Chocolate, Strawberry

Sherbet⁽²⁾ - Raspberry, Orange

Gelatin - (Regular⁽¹⁾ or Sugar Free) Strawberry, Cherry, Raspberry, Orange, Lemon, Lime

Fruited Gelatin⁽²⁾

Condiments

🍲 Salt, Pepper, Mrs. Dash[®], Sugar, Equal[®], Splenda[®], Sweet & Low[®], 🍲 Ketchup, 🍲 Salsa, 🍲 Sour Cream, Hot Sauce

Beverages

Coffee - Regular, Decaf

Tea - Regular, Decaf, Green, Iced

Add some: Half & Half, Non Dairy Creamer, Lemon Juice, Honey⁽¹⁾

Milk - Fat Free⁽¹⁾, 1%⁽¹⁾, 2%⁽¹⁾, Vanilla Soy Milk⁽¹⁾, Chocolate⁽¹⁾

Juice - Apple⁽¹⁾, Orange⁽¹⁾, Cranberry⁽¹⁾, Grape⁽¹⁾, Prune⁽¹⁾, Low Sodium V-8[®], 🍲 Tomato

Soft Drink - Pepsi^{®(2)}, Diet Pepsi[®], Caffeine Free Pepsi^{®(3)}, Caffeine Free Diet Pepsi[®], 7 Up^{®(2)}, Diet 7 Up[®], Mountain Dew^{®(2)}, Diet Mountain Dew[®]