

Your physician has ordered a Renal diet for you 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 keep a healthy, balanced diet in mind.

A healthy kidney filters excess potassium, phosphorus, sodium, excess fluid, and wastes from the blood. When kidneys cannot do their job, waste products and fluid build up in the blood. It is very important that you control the amount and types of foods and fluids you eat every day.

This diet is low in potassium, phosphorus, sodium, and may also be limited in fluids. We have designed this menu to offer many delicious items that will meet the guidelines for this diet.

Sodium is found naturally in many foods and is added (usually in the form of salt) to some foods. Foods that can have high sodium content include: canned foods, sauces, soups, gravies, marinades, processed foods, lunch meats, and snack foods.

Potassium is found in most foods; however, some foods have high levels of potassium and may need to be avoided depending on your blood work. Examples of fruits and vegetables with high levels of potassium include: potatoes, bananas, avocados, oranges, orange juice, dried fruit, and tomatoes.

Phosphorus is present in high levels in dairy products, nuts, beans, meats, poultry, and fish.

Fluids: Your physician may or may not restrict your fluid intake.

For our patients who also have diabetes or elevated blood sugar:

Please select 4 carbohydrate choices per meal. These foods include items from the grain group, fruit group, and dairy group. Most vegetables do not contain a significant amount of carbohydrates however if you choose to enjoy a starchy vegetable such as a potato, corn, or peas, this will count as a carbohydrate choice for your meal. Regulating how many carbohydrate choices you have per meal can help you gain better control of your blood sugar.

When making your menu choices we encourage ordering your meals at regularly scheduled times daily to ensure optimal blood sugar control. We recommend eating at the following meal times during your stay to coincide with medication administration:

Breakfast 7:30am – 9:00am

Lunch 11:30am – 1:00pm

Dinner 4:30pm – 6:00pm

For more information on your Renal diet, please contact your dietetic technician. If you have questions about following a diet for diabetes please contact your diabetes educator at extension 5750.

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.

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Room Service Menu

Renal/Consistent Carbohydrate



Breakfast Selections

Please Dial Extension 7444 to place your order

Available 6:30am – 9:30am daily

Fruits & Yogurt

Fresh Fruit Cup ⁽¹⁾	Lite Peach Yogurt ⁽¹⁾	Peach Slices ⁽¹⁾
🍌 Cottage Cheese	Lite Strawberry Yogurt ⁽¹⁾	Apple Slices ⁽¹⁾
Grapes ⁽¹⁾	Vanilla Yogurt ⁽¹⁾	Pear Slices ⁽¹⁾

Cereals

Cheerios ^{®(1)}	Rice Chex ^{®(2)}	Oatmeal ⁽²⁾
Honey Nut Cheerios ^{®(1)}	Corn Flakes ^{®(1)}	Cream of Wheat ^{®(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

White Toast ⁽¹⁾	Half Bagel ⁽²⁾	🍌 Blueberry Muffin ⁽²⁾
Whole Wheat Toast ⁽¹⁾	English Muffin ⁽²⁾	

Choice of Spread: Margarine, Honey⁽¹⁾, 🍌 Peanut Butter

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

🍌 **Buttermilk Pancakes**⁽¹⁾ - Served with margarine and syrup or diet syrup⁽¹⁾.

🍌🍌 **Breakfast Burrito**⁽²⁾ - Flour tortilla with egg, sausage and 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 - Chicken Noodle⁽¹⁾

Side Salad - Tossed Green

Unsalted crackers available.

Dressing: Low Sodium/Low Fat Italian and French

Entrée Salads

🍌 **Grilled Chicken Salad** - A bed of crisp baby greens with cucumber, 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.

Dressing: Low Sodium/Low Fat Italian and French

Main Attractions

🍌 **Home-Style Roasted Turkey Breast with Gravy**⁽¹⁾

Cranberry sauce on the side.

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

🍌 **Salisbury Steak**⁽¹⁾ - Lean ground beef steak covered in a Burgundy mushroom sauce.

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

🍌 **Meatloaf**⁽¹⁾ - 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⁽¹⁾, 🍌🍌 Chicken Salad⁽¹⁾

Bread⁽²⁾ - White, Whole Wheat, Rye

Bun⁽²⁾ - White, Whole Wheat

Cheese - 🍌 Swiss, 🍌🍌 Cheddar

Topping - Lettuce, Sliced Onion

Condiment - 🍌🍌 Honey Mustard, 🍌 Ketchup, Mustard, Kraft Olive Oil Mayonnaise[®], Light Miracle Whip[®]

Sides

Mashed Potatoes⁽¹⁾

Dinner Roll⁽¹⁾

White or Wheat

Steamed Baby Carrots

Fresh Broccoli Florets

Green Beans

Garden Vegetable Medley

Whole Kernel Corn⁽¹⁾

Sweet Treats

🍌🍌 **Apple Pie**⁽²⁾

Angel Food Cake with Strawberry Sauce⁽¹⁾

Fresh Fruit Cup⁽¹⁾

Ice Cream⁽¹⁾ - Vanilla, Strawberry

Sherbet⁽²⁾ - Raspberry

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

Fruited Gelatin⁽²⁾

Condiments

Pepper, Mrs. Dash[®], Sugar, Equal[®], Splenda[®], Sweet & Low[®],
🍌 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

Milk - Fat Free⁽¹⁾, 1%⁽¹⁾, 2%⁽¹⁾

Juice - Apple⁽¹⁾, Cranberry⁽¹⁾, Grape⁽¹⁾

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