

ChewChew Express

Your child's regular diet has no dietary restrictions or modifications. As you and your child decide what to select, consider the following MyPyramid for Kids tips.

- Make at least half of your grains whole grains. When looking on the label, the first ingredient should be whole grain.
- Color your plate with all kind of great tasting vegetables. Try new things and get a variety of color each day.
- Make most of your fruit choices fruit rather than juice. Also look for a variety of color when choosing fruits and try new things.
- Choose fat-free or low fat milk most often if you are over the age of two. Children age one to two should have whole milk.
- Choose lean meat and chicken or turkey. Vary your choices.
- Keep offering your children new things. It can take 10-15 tries before your child will like something. Don't give up after the first try.
- Limit fried foods and added fats like margarine, mayonnaise, or dressings.
- Limit sugary foods and beverages.
- Encourage healthy snacks.

The following foods can be choking hazards. You can help reduce the chances of choking by not feeding children less than 4 years of age the following foods unless they are chopped completely:

Hot dogs
Nuts and seeds
Chunks of meat or cheese
Whole grapes
Hard, gooey, or sticky candy
Popcorn
Chunks of peanut butter
Raw vegetables
Raisins
Chewing Gum

*The American Academy of Allergy, Asthma and Immunology recommend introducing peanuts and fish after the age of three to help reduce the risk for food allergies.

If you would like additional nutrition guidance, a registered dietitian can be contacted with questions or to arrange a visit during your hospitalization call **317-745-3769**. Individual outpatient consultations are also available with a physician referral.

HOW DO I ORDER?

Welcome to Hendricks Regional Health Danville Hospital. It is with great pleasure that we present our At Your Service room service menu. Our goal is to make your stay with us as pleasant as possible.

Placing your meal order is very simple. Just follow these easy steps:

- **Look over the menu and decide what you would like.**
- **Dial 86300.**
- **Call anytime between 6:45 a.m. and 10:00 a.m. OR 11:00 a.m. and 7:30 p.m. The call center specialist will take your order.**
- **Your meal will be delivered within 45 minutes.**

Any questions you may have can be answered by your At Your Service Lead when they deliver your meal or by the call center specialist when you place your order. Your guests may wish to dine with you. For a fee, guests may order from our Room Service Menu. Please call 86300 for more information. For each patient's safety we are only able to accept your meal selections after your physician has entered your diet order. Not all menu items are appropriate for all diets and some modifications may need to be made when you place your order. We will guide you when placing your order, if necessary.

Should there be any concerns or questions regarding your meals or service, please contact the Nutrition and Dietetics Department at 11745.

Enjoy your meal!

Patient _____

Room Number _____



HENDRICKS.ORG



MENU

Presented by Nutrition & Dietetics Department

Breakfast Selections (Chew)

Available during service hours, call 86300

Starters

Juice: Orange • Apple • Cranberry • Grape

Fruit: Banana • Fruit Medley • Applesauce • Cantaloupe

Yogurt: Lite Blueberry • Lite Vanilla • Lite Strawberry Greek • Lite Blueberry Greek

Yogurt Parfait: Vanilla yogurt layered with strawberries & blueberries

Cereal

Hot: Oatmeal • Cream of Wheat® • Grits • Cream of Rice®

Cold: Corn Flakes • Rice Krispies® • Special K® • Cheerios® Raisin Bran® • Frosted Flakes®

Toppings: Brown Sugar • Cinnamon and Sugar • Honey Shredded Cheddar Cheese

Breakfast Bakery

Toast: White • Wheat • Cinnamon Swirl

Muffins: Blueberry • Bran

Breads: Plain Bagel • Biscuit • Mini Cinnamon Roll

Choice of: Butter • Margarine • Jelly • Cream Cheese • Lite Cream Cheese Peanut Butter

Hot Off the Grill

*only available from 6:30 - 10:00 am

Breakfast Entrées: Scrambled Egg • Hard Boiled Egg • Ham Slice* • Hard Cooked Fried Egg

Griddle*: Pancake • French Toast • Biscuit & Sausage Gravy • Regular Syrup

Create Your Own Omelet - Add in: Ham • Bacon Crumbled Sausage Cheddar Cheese • Onions • Mushrooms Chopped Tomatoes • Bell Peppers

Sides*: Bacon • Sausage • Hash Browns • Sausage Gravy

Beverages

Tea: Regular Iced • Decaffeinated Iced

Hot Cocoa: Regular • Sugar Free

Milk: Skim • 2% Low Fat • Whole • 2% Low Fat Chocolate • Soy

Soft Drinks: Coke® • Diet Coke® • 7-Up® • Diet 7-Up® • Ginger Ale Sugar Free Ginger Ale • Pink Lemonade • Sugar Free Lemonade Bottled Water

Lunch and Dinner (Chew)

Available from 11:00 a.m. – 7:30 p.m., call 86300

Homemade Soup Kettle

Crackers available upon request

Broth: Low Sodium Beef • Low Sodium Chicken • Low Sodium Vegetable

Soups: Chicken Noodle • Tomato • Vegetable • Cream of Potato Cream of Broccoli

Fields of Greens

Chef – Strips of ham, turkey, and cheese over a bed of mixed greens with eggs and tomatoes

Hummus and Veggie Plate – Plain hummus with crudites of broccoli, carrots, and grape tomatoes

Side Salads: Mixed Greens • Chef • Iceberg • Veggie Relishes • Cottage Cheese • Assorted Cheeses • String Cheese

Dressings: Ranch • Italian • French • Fat Free Ranch • Fat Free Italian • Fat Free French

Featured Selections

Please limit your entrée selection to one item with each tray.

**Tender Pot Roast • Flavorful Roasted Turkey
Savory Homestyle Meatloaf • Homestyle Chicken & Noodles
Traditional Mac n' Cheese
Pan Seared Tilapia Fillet Topped with Lemon Pepper**

Featured Sides

Mashed Potatoes • Rice • Noodles • Baked Potato

Featured Vegetables

Broccoli Florets • Baby Carrots • Green Beans
Whole Kernel Corn • Roasted Vegetables

Pasta & Pizza

Pasta: Noodles • Bowtie

Grain Bowl: Ancient grain mix with chickpeas, fresh spinach, red peppers, and cilantro; served with a honey citrus dressing

Sauce: Marinara

Additions: Grilled Chicken • Grilled Salmon • Broccoli Florets Parmesan Cheese • Roasted Vegetables

Personal Pizza: Cheese • Pepperoni • Sausage • Onion • Mushroom

Bread Basket

Freshly baked white rolls • Freshly baked wheat rolls

Lunch and Dinner (Chew)

Available from 11:00 a.m. – 7:30 p.m., call 86300

Main Street Grill

Steakburger • Chicken Tenders • Cheeseburger • Gardenburger®

**Grilled Chicken Sandwich • Grilled American Cheese Sandwich
Cheese Quesadilla • Shredded Chicken & Cheese Quesadilla**

(Quesadillas made with flour tortillas)

From the Deli

Build your own sandwich

Fillings: Turkey • Ham • Tuna Salad • Chicken Salad • Peanut Butter & Jelly

Cheese: American • Provolone • Colby Jack

Breads: White • Wheat • Croissant

Condiments: Lettuce • Tomato Slice • Onion Slice • Dill Pickle Slices Miracle Whip® • Fat Free Miracle Whip® • Ketchup

Mustard® • BBQ Sauce • Honey Dijon • Salsa
Sides: French Fries • Baked Lays® • BBQ Baked Lays® • Pretzels Goldfish Crackers®

Extras

Sugar • Salt • Pepper

Additional condiments available upon request

Sweet Endings

Cheesecake: Plain • Chocolate Topping • Caramel Topping Strawberry Sauce

Angel Food: Plain • With strawberry fruit sauce • With raspberry fruit sauce

Bakery: Hot Chocolate Lava Cake • Lemon Bar with Powdered Sugar • Chocolate Brownie • Apple Pie

Treats: Chocolate Chip Cookie • Snickerdoodle Cookie • Vanilla Wafers • Rice Krispie Treat® • Graham Crackers

Pudding: Vanilla • Chocolate • Lemon

Ice Cream: Vanilla • Chocolate

Sherbet: Orange • Lime • Raspberry

Ices: Cherry • Orange • Lemon • Popsicle

Regular Gelatin: Strawberry • Orange

Chilled Fruit: Applesauce • Peaches • Pears • Mandarin Oranges Pineapple Chunks • Cantaloupe

Fresh Fruit: Banana • Apple • Fruit Medley