

Regular

Your regular diet has no dietary restrictions or modifications. As you decide what you would like to eat, consider the following MyPyramid Steps to a Healthier You to help you make healthy choices:

- Choose high fiber, whole grain breads, cereals, pasta or rice every day
- Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens
- Eat more orange vegetables like carrots and sweet potatoes
- Eat more dry beans and peas like pinto beans, kidney beans, and lentils
- Eat a variety of fruit
- Choose fresh, frozen, unsweetened canned fruit, or dried fruit
- Go easy on fruit juices
- Choose low fat or fat-free milk, yogurt, and other dairy products
- If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.
- Choose low fat or lean meat, fish, or poultry
- Bake, broil or grill; avoid fried foods
- Vary your protein routine – choose more fish, beans, peas, nuts, and seeds
- Limit “empty calorie” foods, such as pop, sweets, or snack foods
- When visiting the grocery store, try to select from around the perimeter as much as possible. Here you will find fresh and healthier food options than the aisles that contain packages, boxes, bags, and cans.
- Find your balance between food and physical activity. Most adults need at least 30 minutes of physical activity most days of the week. Additional activity may be needed to promote weight loss. Ask your doctor if you have any exercise restrictions.

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
Regional Health**

HENDRICKS.ORG

at your
SERVICE
your choice for dining excellence

Presented by Nutrition & Dietetics Department

Breakfast Selections (Reg.)

Available during service hours, call 86300

Starters

Juice: Orange • Apple • Cranberry • Grape • V-8® • Prune

Fruit: Banana • Grapes • Fruit Medley • Applesauce •

Cantaloupe • Stewed Prunes

Yogurt: Lite Blueberry • Lite Vanilla • Lite Strawberry Greek

Lite Blueberry Greek

Yogurt Parfait: Vanilla yogurt layered with strawberries & blueberries (Granola topping available)

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

Bread: Plain Bagel • Biscuit • Mini Cinnamon Roll

Choice of: Butter • Margarine • Jelly • Diet Jelly • Cream

Cheese • Lite Cream Cheese • Peanut Butter

Hot Off the Grill

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

Breakfast Entree: Scrambled Egg • Hard Boiled Egg • Hard

Cooked Fried Egg • Ham Slice

Griddle*: Pancake • French Toast • Biscuit with Sausage Gravy

Choice of: Regular Syrup • Sugar Free Syrup

Create Your Own Omelet - Add in: Ham • Bacon • Onions

Mushrooms • Chopped Tomatoes • Bell Peppers • Cheese

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

Beverages

Coffee: Regular • Decaffeinated

Tea: Regular • Decaffeinated • 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 (Reg.)

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

Taco Salad – Seasoned ground beef or seasoned veggie crumbles

Includes lettuce, tomatoes, shredded cheese, roasted corn and black beans, mild salsa, and tortilla chips

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

Fruit Plate – An array of fresh fruit with a choice of cottage cheese, assorted cheeses, or vanilla yogurt (small plate available)

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 Cheese Cubes

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

Charbroiled Salmon Fillet Topped with Lemon

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 (Reg.)

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 • Sour Cream

Sides: French Fries • Baked Lays® • BBQ Baked Lays®

Extras

Sugar • Artificial Sweetener • Creamer • Non-Dairy Creamer Salt • Pepper • Mrs. Dash®

Additional condiments available upon request

Sweet Endings

Cheesecake: Plain • Chocolate Topping • Caramel Topping Strawberry Sauce • Turtle (Turtle served with chocolate & caramel toppings & pecans)

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

Cookies: Chocolate Chip • Snickerdoodle • Vanilla Wafers • Rice Krispie Treat®

Pudding: Vanilla • Chocolate • Lemon • Sugar Free Vanilla Sugar Free Chocolate

Ice Cream: Vanilla • Chocolate

Sherbet: Orange • Lime • Raspberry

Ices: Cherry • Orange • Lemon • Popsicle

Regular Gelatin: Strawberry • Orange • Sugar Free Strawberry Sugar Free Orange

Fresh Fruit: Banana • Grapes • Apple • Fruit Medley

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