



Welcome to LRGHealthcare

The Food & Nutrition Services Department is pleased to present you our...

At Your Service Room Service Menu

Our goal is to provide you with the best quality food items in a timely manner served by our courteous and helpful staff members.

Your guests may wish to dine with you during their visit. For a fee, guests may order from the Room Service Menu. Ask your Ambassador for details.

How Do I Place My Order?

Our program allows you to choose the time you will eat as well as healthy menu choices by following these easy steps:

- **Look over the menu and select what you would like**
- **Dial Extension 8870**
- **Call anytime between 7:00 am and 10:30 am for breakfast and 11:00 am and 7:00 pm for lunch and dinner**
- **A Call Center Specialist will take your order.**
- **Your meal will be delivered within 45 minutes.**

For your safety we will accept menu selections only after your physician has entered your diet order and the order has been received by the Call Center. Not all menu items are appropriate for all diets and you will be informed of this when you place your order. Your physician may have requested additional modifications to these selections. We will guide you when placing your order, if necessary.

Any questions you may have can be answered by your Room Service Ambassador who is available to assist you during your stay or by the Call Center Specialist when you place your order.

Enjoy Your Meal !



Regular Diet

If your physician has ordered a Regular Diet, you do not have any restrictions to follow and may order freely from the menu provided.

If your physician has ordered No Added Salt Diet, foods that have a significant amount of salt added to them will be limited. This may include regular soup, crackers, chips, pickles, some processed meats, cheeses, and dressings. When you place your order, the call center staff will be happy to assist you in making the appropriate choices based on the menu provided.

Food Guidelines for a Healthy You...

Consume a variety of nutrient dense foods and beverages among the basic food groups. Limit your intake of foods that are high in saturated fat and trans fat, cholesterol, added sugars, salt, and alcohol.

Adopt a balanced eating pattern such as one based on the USDA Food Guide or the DASH eating plan to meet your recommended intake.

To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

If you have any questions regarding your diet, please ask to speak with a Registered Dietitian.

LRGHealthcare

FRANKLIN REGIONAL HOSPITAL

15 AIKEN AVENUE, FRANKLIN, NEW HAMPSHIRE 03235

TEL: 603-934-2060

www.lrgh.org



AT *your* SERVICE

Healthy choices served with care

Room Service Menu Franklin Regional Hospital

*Presented by LRGHealthcare's
Food & Nutrition Services*

Breakfast

To place your order, please dial Extension 8870
between 7:00 am and 10:30 am

FRESH START

Juices: Orange • Apple • Cranberry • Grape • Prune • V-8

Fruits: Banana • Apple • Orange • Fruit Medley

Chilled Fruits: Applesauce • Peaches • Pears • Mixed Fruit
Mandarin Oranges

Stonyfield Yogurt: Strawberry Vanilla • Raspberry Vanilla
Low Fat Vanilla

Parfait: Strawberries, Blueberries & Low Fat Vanilla Yogurt
with Granola

CEREALS

Hot: Oatmeal • Cream of Wheat

Add on: Brown Sugar • Raisins • Walnuts

Cold: Corn Flakes • Rice Krispies • Cheerios • Frosted Flakes
Wheaties

THE BAKE SHOP

Toast: Wheat • White • White or Wheat English Muffin • Raisin

Muffins: Blueberry • Bran

Mini Bagel: Plain

Choice of: Butter • Margarine • Jelly • Diet Jelly
Peanut Butter • Light Cream Cheese

GRANITE GRIDDLE

Eggs: Scrambled • Scrambled Low Cholesterol

Omelets (made with regular or low cholesterol eggs):

Thin & Trim Ham & Cheese or
Vegetarian – with onions, peppers, mushrooms & tomatoes

Sides: Bacon • Sausage Links • Breakfast Potatoes
Ketchup • French Toast

Served with: Maple Syrup • Sugar Free Syrup

BEVERAGES

Coffee: Regular or Decaffeinated

Tea: Regular • Decaffeinated • Herbal • Sugar Free or Regular Iced

Hot Chocolate: Regular • No Sugar Added

Milk: Whole • 1% • Fat-Free • 1% Chocolate • Soy Milk • Lactaid

Soft Drinks: Coke • Diet Coke • Sprite • Ginger Ale
Diet Ginger Ale • Bottled Water

Lunch & Dinner

To place your order, please dial Extension 8870
between 11:00 am and 7:00 pm

SOUP KETTLE

Soups: Chicken Noodle • Tomato • Garden Vegetable
Cream of Chicken

Choice of: Crackers • Oyster • SF Crackers

FROM THE GARDEN

Side Salad • Carrots & Celery with Dip • Cottage Cheese
Coleslaw

Our Signature Spinach – Baby spinach topped
with seasonal fruit & walnuts tossed in a lemon poppy dressing

Classic Caesar – Romaine with croutons and grated parmesan.
You may choose to add Grilled Chicken

Fresh Fruit Salad – Assorted fresh seasonal fruit
with your choice of cottage cheese or low fat vanilla yogurt

Dressings: Light Caesar • Light Ranch • Light Italian
Raspberry Vinaigrette • Olive Oil Vinaigrette Light

CHEF'S CREATIONS

Beef Tips – Seared beef tips with sautéed mushrooms
in a burgundy sauce served over Jasmine rice

Italian Chicken – Julienne seasoned breast of chicken sautéed in
olive oil and tossed with spinach, garlic, fresh tomatoes
and penne pasta

Atlantic Salmon – Grilled with a cranberry marmalade
and served with Jasmine rice

Slow Roasted Turkey Dinner – Slices of roast turkey
with mashed potatoes

Home Style Meatloaf – Baked individual meatloaf served
with mashed potatoes

Grilled Lemon & Herb Haddock – Grilled Haddock infused
with fresh lemon juice & herbs, served with roasted red potatoes

Vegetable Stir Fry – A vegetarian entrée
with our seasonal vegetables, served over Jasmine rice –
add grilled chicken if desired

Macaroni & Cheese – An old fashioned classic

ADDED FEATURES

Broccoli Florets • Carrots • Whole Green Beans
Sautéed Squash • White Roll • Wheat Roll

HOT OFF THE GRILL

Served on a bun

Hamburger • **Cheese Burger** • **Black Bean Burger**

Grilled Chicken Breast

Grilled 3 Cheese Sandwich – add Thin & Trim ham or sliced
tomato

Bison Burger – Served on a Bulkie Roll with a specialty sauce

DELI DELIGHTS

Build your own sandwich or plate

Thin & Trim Meats: Ham • Turkey • Roast Beef

Fillings: Chicken Salad • Tuna Salad • Egg Salad
Peanut Butter & Jelly Sandwich

Cheese: American • Swiss • Provolone • Cheddar
Light American • String Cheese

Breads: Whole Wheat • White • Bulkie Roll

ACCOMPANIMENTS

Oven Baked French Fries • Baked Chips
Lettuce • Tomato • Sliced Onion • Dill Pickle Spear
Mayonnaise • Lite Mayonnaise • Ketchup • Mustard

FINISHING TOUCHES

Cheesecake – served plain, with strawberries or
with a chocolate drizzle

Double Chocolate Chip Brownie

Angel Food Cake - plain or with a strawberry topping

Pies: Lemon Meringue • Boston Cream

Fresh Baked Cookies - Chocolate Chip • Sugar • Peanut Butter

Pudding: Vanilla • Chocolate • Tapioca • Butterscotch

Sugar Free: Vanilla or Chocolate

Frozen Desserts: Chocolate, Vanilla or Strawberry Ice Cream
Raspberry or Orange Sherbet • Cherry Ice

Fresh Fruit: Banana • Apple • Orange • Fruit Medley

Chilled Fruit: Applesauce • Peaches • Pears • Mixed Fruit
Mandarin Oranges