

HOW TO PLACE YOUR ORDER

We are pleased to offer At Your Request - Room Service Dining® for patients. This innovative dining program allows you to select meals from a wide variety of foods designed to enhance your experience as though you were eating at your favorite restaurant.

Two Ways To Place Your Order

1 BY PHONE: Call us at 72390. Family members may place orders for loved ones by calling: 330-297-2390

2 BY APP: Download the At Your Request App from the App Store or Google Play.



Scan the QR below when prompted in the app.



Guest trays are also available for visiting guests and family members. Guest tray vouchers can be purchased in the cafeteria for \$8.00. Guest trays include an entree, 2 sides, a garden salad, roll, dessert and a beverage.

DIETARY GUIDELINES

Try to eat fruits, vegetables, whole grains and low-fat or fat-free milk and milk products. Include lean meats, poultry, fish, beans, eggs, nuts and seeds. Eat a diet low in saturated fats, trans fats, cholesterol, salt and added sugars.

MAKE YOUR CALORIES COUNT

Think nutrient-rich rather than good or bad foods. Most of your food choices should be packed with vitamins, minerals, fiber and other nutrients and lower in calories.

FOCUS ON VARIETY

Try to eat a rainbow of fruits and vegetables for a wide range of vitamins, minerals, fiber and phytochemicals. Eat a variety of foods from all the food groups to get the nutrients your body needs.

KNOW YOUR FATS

Look for foods low in saturated fats, trans fats and cholesterol to help reduce your risk of heart disease.

HEALTHY MENU ITEMS

Local, sustainable and antibiotic free menu items are purchased whenever possible.

FOR DIABETIC MANAGEMENT

Please tell you nurse when you order your meal so we can best help you manage your diabetes.

Timing of blood sugar checks and medicines is critical in keeping your blood sugar as normal as possible.

We thank you for your help with your medical treatment.



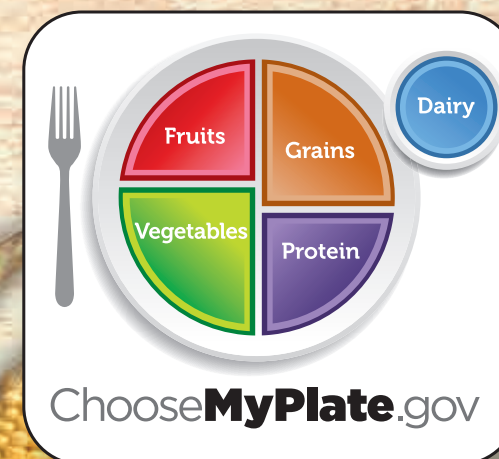
University Hospitals
Portage Medical Center

MENU



by *sodexo**

Place orders between 7:00 AM and 6:30 PM
DIAL 72390 TO PLACE YOUR ORDER.



BREAKFAST

AVAILABLE ALL DAY

JUICES & FRUITS

JUICE 4oz	Orange (14) • Apple (14) Cranberry (17) • Prune (22)
FRESH FRUIT	Apple (18) • Banana (22) Cantaloupe (7) • Grapes (14) Seasonal Fruit Cup (9)
CANNED FRUIT	Applesauce (12) • Peaches (14) Pears (18)

HOT CEREALS

Cream of Wheat® (19) • Oatmeal (21)

COLD CEREALS

Corn Flakes® (19) • Raisin Bran® (34)
Rice Krispies® (22) • Cheerios® (12)

LOW FAT YOGURT

Vanilla (15) • Strawberry (15)
Greek Vanilla (11)

BREADS & BAKERY

Mini Bagel (24) • English Muffin (25)
Blueberry Muffin (30)

MORNING FARE

Scrambled Eggs
Cholesterol Free Scrambled Eggs
Hard Boiled Egg
Texas French Toast (17)
Buttermilk Pancake (17)
Breakfast Sandwich (29)

BREAKFAST SIDES:

Breakfast Potatoes (17)
Bacon Slice
Turkey Sausage Patty

OMELET SHOPPE

Made-to-Order (until 10:30 AM)

Eggs
Cholesterol Free Eggs

CHOOSE FROM THE FOLLOWING

OMELET INGREDIENTS

American
Cheddar
Mozzarella
Onion
Mushrooms
Green Pepper
Turkey Sausage
Bacon

LUNCH & DINNER

BROTHS & SOUPS

BROTH	Vegetable (5) • Beef (3) • Chicken (1)
SOUP	Tomato Soup (12) • Homestyle Chicken Noodle Soup (11) Cream of Potato Soup (17)

SALADS

SIDE SALADS	Garden Salad Caesar Salad (10) Creamy Cole Slaw (7) LF Cottage Cheese (4)	DRESSINGS Italian (Reg • FF (1)) French (Reg (2) • FF (4)) Ranch (Reg (1) • FF (4)) Caesar (Reg only (1)) Oil & Vinegar (Balsamic • Red Wine)
ENTREE SALADS	Hummus with Pita & Vegetables (35) Fresh Fruit Platter (36) Chicken Caesar Salad (8) Chef Salad (7)	

SANDWICHES

BREADS	White (14) • Wheat (14)
GARDEN	Onion • Lettuce • Tomato • Dill Pickle • Avocado (5)
CHEESES	American • Cheddar • Provolone • Swiss (1)
MEATS & FILLINGS	Turkey • Ham • Chicken Salad (5) • Tuna Salad (4) Peanut Butter (10) & Jelly (20)

GRILL FAVORITES

GRILLED CHEESE (28)

CHICKEN TENDERS (17)

GRILLED CHICKEN BREAST SANDWICH (28)

QUESADILLA (37)

Chicken • Cheese

HAMBURGER (on a Bun (28))

AMERICAN COMFORTS

FARMER'S MEATLOAF (11)

ROAST TURKEY (37)

POT ROAST WITH VEGGIES

GRILLED SALMON (1)

MACARONI & CHEESE (24)

ITALIAN STYLE

Pasta with Marinara (42)
Pasta with Meatballs (48)

LUNCH & DINNER

PERSONAL FLATBREAD PIZZA (28)

Made to Order
Toppings include your choice of
Cheese • Pepperoni • Onions
Mushrooms • Green Peppers

ACCOMPANIMENTS

VEGETABLES	Green Beans (4) • Broccoli (5) • Carrots (7) • Corn (18)
ON THE SIDE	White Rice (27) • Whipped Potatoes (20) Egg Noodles (20) • Macaroni and Cheese (16) Dinner Roll (22)

BEVERAGES

HOT	Coffee (Reg • Decaf) Tea (Reg • Decaf) Herbal Tea (Reg • Decaf) Hot Chocolate (Reg (16) • Diet (5))	JUICE 4 oz	Orange (14) • Apple (14) Cranberry (17) • Prune (22)
COLD	Lemonade (26) Diet Lemonade (2) Iced Tea (Reg • Decaf) Ginger Ale (Reg (21) • Diet)	COLD MILK	Fat Free (11) • 2% (11) Whole Milk (11) FF Chocolate (19) Almond Milk (16)

DESSERTS

COOKIES	Vanilla Wafers (17) Sugar (22) Chocolate Chip (24) Oatmeal Raisin (23)	PUDDING	Vanilla (Reg (20) • Diet (11)) Chocolate (Reg (20) • Diet (14))
YUMMY DELIGHTS	Angel Food Cake with Berries and Whipped Cream (28) Rice Krispies® Treats (17) Chocolate Brownie (25) Lemon Meringue Pie (53)	GELATIN (Reg (21) • Diet (2))	Berry • Citrus
		FROZEN DESSERTS	Ice Cream: Vanilla (16) Chocolate (17) Orange Sherbet (29) Fruit Ice: Lemon (20) • Cherry (20)

SNACKS:

Trail Mix (26)
Quaker® Chewy Bar (19)
Crackers - 1 pk (4)
Pretzels (23)
Baked Potato Chips (26)

(#) = GRAMS OF CARBOHYDRATE PER SERVING
FF= FAT FREE • LF= LOW FAT • DIET= REDUCED SUGAR
CONDIMENTS AVAILABLE UPON REQUEST

DIAL 72390 TO PLACE YOUR ORDER.
If your doctor has prescribed a modified diet, some items may not be allowed.

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LIQUID DIETS

CLEAR LIQUID DIET

BROTH	Vegetable (5) Beef (3) Chicken (1)
JUICE 4oz	Apple (14) Cranberry (17)
GELATIN (Reg (21) • Diet (2))	Berry • Citrus

FRUIT ICE Lemon (20) • Cherry (20)

COFFEE (Reg • Decaf)

HOT TEA (Reg • Decaf)

HERBAL TEA (Reg • Decaf)

LEMONADE (26)

DIET LEMONADE (2)

ICED TEA (Reg • Decaf)

GINGER ALE (Reg (21) • Diet)

FULL LIQUID DIET

Includes All Clear Liquid Diet Items Plus These:

Tomato Soup (12)
Cream of Wheat® (19) • Oatmeal (21)
Vanilla Yogurt (15) • Greek Vanilla Yogurt (11)

PUDDING
Vanilla (Reg (20) • Diet (11))
Chocolate (Reg (20) • Diet (14))

ICE CREAM:
Vanilla (16) • Chocolate (17)
Orange Sherbet (29)

MILK

Fat Free (11) • 2% (11)
Whole Milk (11)
FF Chocolate (19)
Almond Milk (16)

JUICE
4oz

HOT CHOCOLATE (Reg (16) • Diet (5))