

Welcome to MidMichigan Medical Center

Food & Nutrition Services is pleased to offer you our complimentary **Orchard Dining** room service. Our program allows you to choose the time you will eat as well as healthy menu choices by following these easy steps:

- 🍏 Select the menu items you would like.
- 🍏 Call room service at extension **13013** between 6:45 a.m. and 6:45 p.m. to place your order.
- 🍏 Meals will be delivered by your food service ambassador within 45 minutes of your order.
- 🍏 Breakfast items are available throughout the day.
- 🍏 If you have questions or need assistance, call **13013** and ask them to contact your ambassador.

Your guests may wish to dine with you. For a fee, guests may order from our room service menu. Please see your food service ambassador for more information.

For each patient's safety, we will accept your menu selections only after your physician has determined your diet order. Not all menu items are appropriate for all diets, and you will be informed of this when you order. Your physician may have requested additional modifications to these selections. We will guide you in making alternate choices.

Our goal is to meet your nutritional needs with high quality meals and personalized service. Your ambassador is available to assist you during your stay.

MidMichigan
Medical Center
Midland

Regular Diet

Your physician has ordered a regular diet for you. While there are no restrictions on your diet, we encourage you to choose a wide variety of foods with emphasis on nutritious choices. The following tips will help you to maximize your nutrition and overall health.

- 🍏 Try to eat a fruit and vegetable at each meal to reach your goal of 5 to 6 servings per day.
- 🍏 Select whole grain breads and cereals for optimal nutrition.
- 🍏 Choose nonfat or low fat milk or yogurt 3 times daily to meet calcium needs.
- 🍏 Some higher fat items such as cheeseburgers, fries, pizza and breakfast meats are offered to help meet the needs of all of our customers. We recommend these items be enjoyed in moderation as part of a healthy diet.
- 🍏 Use desserts, chips and sodas in moderation and only after you have eaten a balanced meal.
- 🍏 No matter what your choices, be aware of the amount you eat for portion control.

If you have questions about choosing a healthy diet or have specific nutrition needs, ask to speak to a registered dietitian during your stay.



GRAINS <small>Make half your grains whole</small>	VEGETABLES <small>Vary your veggies</small>	FRUITS <small>Focus on fruits</small>	MILK <small>Get your calcium-rich foods</small>	MEAT & BEANS <small>Go lean with protein</small>
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens Eat more orange vegetables like carrots and sweetpotatoes Eat more dry beans and peas like pinto beans, kidney beans, and lentils	Eat a variety of fruit Choose fresh, frozen, canned, or dried fruit Go easy on fruit juices	Go low-fat or fat-free when you choose milk, yogurt, and other milk 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 meats and poultry Bake it, broil it, or grill it Vary your protein routine – choose more fish, beans, peas, nuts, and seeds
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; <small>for kids aged 2 to 8, it's 2</small>	Eat 5 1/2 oz. every day

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.



Room Service Menu

Call 13013 to place your order
between 6:45 a.m. and 6:45 p.m.

Presented by
MidMichigan Medical Center—Midland
Food & Nutrition Services

Breakfast

Call **13013** to place your order between 6:45 a.m. and 6:45 p.m.
Breakfast available all day.

Juices, Fruit & Yogurt

Juice

Orange • Apple • Cranberry • Grape • Prune • Low Sodium V8®

Fresh Fruit

Seasonal Fruit Cup • Melon • Banana • Apple • Grapes

Chilled Fruit

Sliced Peaches • Pear Halves • Applesauce • Mandarin Oranges

Yogurt

Light Blueberry • Light Cherry • Vanilla Custard • Strawberry Light & Fit
Fruit and Low Fat Vanilla Yogurt Parfait topped with Granola

Cereal

Hot Cereal

Oatmeal • Cream of Wheat®
Cream of Rice®

Available with:
Brown Sugar • Raisins

Cold Cereal

Corn Flakes • Rice Krispies®
Cheerios® • Frosted Mini Wheats®

Raisin Bran • Low Fat Granola

Bakery

Toast

Whole Wheat • White • Cinnamon Swirl • Rye Swirl

English Muffin

Muffins

Fruit and Bran • Low Fat Orange • Low Fat Blueberry

Bagel

Honey Apple • Plain Mini-Bagel. Available with Butter • Margarine
Jelly • Jam • Diet Jelly • Light Cream Cheese • Peanut Butter • Honey

Griddle Favorites

Eggs

Scrambled • Scrambled Eggbeaters® • Hard Boiled

Create Your Own Omelet

Choice of: Egg • Eggbeaters® • Shredded Cheese • Ham • Mushrooms
Green Peppers • Onions • Chopped Tomatoes • Hash Browns

Cinnamon Swirl French Toast* or Buttermilk Pancakes*

Available with: Syrup • Diet Syrup • Apple Topping

Sides*

Bacon • Sausage Patty • Hash Brown

* served until 10:30 a.m.

Beverages

Coffee: Regular • Decaffeinated

Tea: Black • Decaffeinated • Herbal • Green • Iced Tea

Hot Chocolate: Regular • No Sugar Added

Milk: Skim • 2% Low Fat • Whole • 1% Chocolate
Fat Free, Lactose Free Milk • Vanilla Soy Milk

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

Bottled Water

Lunch and Dinner

Call **13013** to place your order. Lunch and dinner are available between 11 a.m. and 6:45 p.m.

Soups

Broth: (Regular or low sodium)

Chicken • Beef • Vegetable

Soup

Chicken Noodle • Cream of Tomato • Cream of Mushroom

Vegetarian Vegetable • Soup of the Day

Crackers: Saltines • Unsalted

Field of Greens

Garden Side Salad

Raw Vegetables with Ranch Dressing

Entrée Salads (available as full entrée or half size)

Chef Salad: Julienne strips of ham, turkey and cheese over a bed of
mixed greens with egg wedges and tomatoes

Caesar Salad: Classic romaine lettuce with parmesan cheese and
croutons. Available with your choice of chicken or salmon

Garden Vegan Salad: Mixed greens topped with dried cranberries,
sunflower seeds, garbanzo beans and walnuts

Seasonal Fruit Plate: Fresh fruit with your choice of cottage cheese or
low fat vanilla yogurt

Salad Dressings: Ranch • Honey French • Caesar • Light Italian
Fat Free Ranch • Fat Free Raspberry Vinaigrette

Featured Selections

• Dinner Roll Available •

Apple Chicken Breast: Our specialty, sautéed chicken served
with apple chutney and long grain and wild rice

Oven Roasted Turkey Breast: With mashed potatoes and gravy

Beef Tips: Tenderloin tips in a delicious burgundy wine sauce served
over egg noodles

Grilled Salmon: Salmon fillet topped with a lemon citrus glaze and
served with long grain and wild rice

Meatloaf: A mini loaf accompanied by mashed potatoes and gravy

Tilapia Jardinière: A mild fish fillet topped with a fruit and vegetable
medley, served with sweet potato fries

Penne Marinara: Penne pasta served with a rich Marinara sauce and
your choice of grilled chicken or meatballs

Baked Macaroni and Cheese: A traditional favorite

Vegetable Choices

Broccoli • Green Beans • Baby Carrots • Corn • Edamame

Seasonal Vegetable Blend • Low-Sodium V8® Juice

Stir Fry

A blend of fresh vegetables and your choice of:

Chicken • Beef • Cashews • Asian Sauce • Sweet and Sour Sauce

Served with steamed rice

MidMichigan Grill

• White or Whole Wheat Bun Available •

**Grilled Chicken Sandwich • Hamburger • Cheeseburger
Black Bean Gardenburger**

Available with: Lettuce • Tomato • Onion • Dill Pickle • Light
Mayonnaise • Light Miracle Whip® • Ketchup • Mustard • Honey
Mustard Sauce • BBQ Sauce

Grilled Cheese Sandwich

Grilled Vegetable Quesadilla served with fresh salsa

On the Side: Baked Lays® • Honey Wheat Pretzels • French Fries
Sweet Potato Fries

Personal Pizza

Available Toppings: Pepperoni • Ham • Green Peppers • Mushrooms
Chopped Tomatoes

Build Your Own Deli Sandwich

Meats: Roast Turkey • Ham • Pastrami • Peanut Butter and Jelly

Salads: Tuna Salad • Chicken Salad • Egg Salad

Cheese: Provolone • Cheddar • Swiss • American

Breads: Whole Wheat • Rye Swirl • White • Wrap

Toppings: Lettuce • Tomato • Onion • Dill Pickle • Light Mayo • Light
Miracle Whip • Ketchup • Mustard • Honey Mustard Sauce • BBQ Sauce

On The Side: Baked Lays® • Honey Wheat Pretzels • French Fries
Sweet Potato Fries

A Taste of Something Sweet

Angel Food Cake: Plain or topped with mixed berries

Vanilla Bean Cheesecake: Served plain or with a choice of chocolate
sauce or mixed berries

Chocolate Brownie: Topped with a rich chocolate frosting

Apple Dumpling with Caramel Sauce: Our apple'icious specialty!

Pies: Cherry • Pumpkin • Lemon Crunch

Cookies: Chocolate Chip • Oatmeal Raisin • Sugar

Fruit and Yogurt Parfait: Topped with granola

Baked Custard: Plain or with whipped cream and cinnamon

Pudding: Vanilla • Chocolate • Tapioca

Sugar Free Pudding: Vanilla • Chocolate

Ice Cream: Vanilla • Chocolate

Sherbet: Orange • Raspberry • Diet Lemon Sorbet

Italian Ice: Lemon • Cherry

Gelatin: Strawberry • Orange • Peach

Sugar Free Gelatin: Strawberry • Orange

Fresh Fruit: Seasonal Fruit Cup • Melon • Banana • Apple • Grapes

Chilled Fruit: Sliced Peaches • Pear Halves • Applesauce •
Mandarin Oranges