

BREAKFAST

BREAKFAST ENTRÉES

EGGS:	<i>Cooked to Order (Regular or Cholesterol Free)</i>
BUILD YOUR OWN OMELET:	<i>Bacon, Sausage, Ham, Tomatoes, Onions, Peppers, Cheddar, Swiss Cheese, American Cheese</i>
TEXAS STYLE FRENCH TOAST:	<i>Served with Regular or Sugar Free Syrup</i>
BUTTERMILK PANCAKES:	<i>Regular, Chocolate Chip, Blueberry (Served with Regular or Sugar Free Syrup)</i>
SANDWICHES ON BISCUIT OR CROISSANT:	<i>Sausage, Egg, and Cheese Bacon, Egg, and Cheese</i>

SIDES

HASH BROWN POTATOES
BACON
SAUSAGE PATTY
CHICKEN BACON

STEWED APPLES
COUNTRY GRAVY
HONEY HAM
CHICKEN SAUSAGE

CEREALS

OATMEAL
GRITS
CHEERIOS®
RICE CHEX®
RICE KRISPIE TREATS®

FROSTED FLAKES®
FROOT LOOPS®
RAISIN BRAN®
CORN FLAKES®

FRUIT

APPLE
BANANA
ORANGE
FRESH FRUIT CUP
GRAPES
FRUIT COCKTAIL

APPLE SAUCE
PEAR HALVES
PEACH SLICES
FRESH PINEAPPLE
STRAWBERRIES
MELON CUP

BAKE SHOP

BAGEL:	Plain, Cinnamon Raisin, Gluten Free
MUFFIN:	Blueberry, Banana, Cheese Strudel
BISCUIT:	Homemade Buttermilk Biscuit

YOGURT

GREEK YOGURT:	Vanilla, Lime, Banana Cream
LIGHT YOGURT:	Blueberry, Raspberry
FRUIT YOGURT:	Strawberry, Peach

DIAL 200-3663 FOOD to place our order

LUNCH & DINNER

(Note: Limit 1 Entree and 1 Dessert per meal order)

SOUPS

CHICKEN NOODLE TOMATO VEGETABLE CREAM OF CHICKEN
CREAM OF BROCCOLI
(Low Sodium Available)

ENTRÉE SALADS

CHEF SALAD:	<i>Mixed Greens, Cucumber Slices, Grape Tomatoes, Ham, Turkey, Cheese, Eggs, Chicken</i>
GARDEN SALAD:	<i>Mixed Greens, Tomatoes, Cucumber (Add Chicken)</i>
CHICKEN CAESAR SALAD:	<i>Grilled Chicken, Mixed Greens, Parmesan Cheese, Croutons</i>
COBB SALAD:	<i>Eggs, Avocado, Mixed Greens, Tomatoes, Bacon, Chicken</i>
ASSORTED DRESSINGS INCLUDE:	<i>Regular-Ranch, French, Italian, Caesar, Thousand Island Reduced Fat-Ranch, French, Italian, Raspberry Vinaigrette</i>

MAKE YOUR OWN DELI SANDWICH

BREADS:	<i>White, Wheat, 12 Grain, Rye, Gluten Free, Wrap, Pita</i>
MEATS:	<i>Tuna Salad, Chicken Salad, Egg Salad, Ham, Turkey</i>
TOPPING:	<i>Lettuce, Tomato, Onion, Pickle</i>

HILL CITY GRILLE

HAMBURGER GARDEN BURGER
CHEESEBURGER GRILLED CHICKEN BREAST
CHICKEN FILLET CHICKEN TENDERS (2)
PEANUT BUTTER AND JELLY HOT DOG
GRILLED CHEESE CLUB SANDWICH
May Add Ham or Turkey Ham, Turkey, Bacon, Lettuce, Tomato on Toast

SANDWICH TOPPINGS UPON REQUEST: Lettuce, Tomato, Pickle,
Onion and condiments
Available on Gluten Free Bun

PIZZA

CHEESE, PEPPERONI, VEGGIE
Available on Gluten Free Crust

ENTRÉES

FISH:	<i>Parmesan Crusted Tilapia, Citrus Salmon</i>
PASTA:	<i>Spaghetti (with or without Meatballs)</i>
POT ROAST:	<i>Shredded Beef with Carrots & Celery</i>
CHICKEN:	<i>Grilled or Oven Fried</i>
MEATLOAF:	<i>All Beef</i>
ROAST TURKEY:	<i>Roasted Turkey Breast</i>
STIR FRY:	<i>Stir Fry (with or without chicken), Served over Rice</i>

DIAL 200-3663 FOOD to place our order

LUNCH & DINNER

A LA CARTE SIDES

SAUTÉED SPINACH DINNER ROLL
BROCCOLI PRETZELS
CORN FRENCH FRIES
MASHED POTATOES ROASTED POTATOES
CORNBREAD STUFFING COTTAGE CHEESE
MACARONI & CHEESE COLESLAW
REGULAR POTATO CHIPS BAKED POTATO
BAKED POTATO CHIPS POTATO SALAD
GREEN BEANS SMALL GARDEN SALAD
BABY CARROTS MACARONI SALAD
PEAS FRESH MIXED VEGETABLES
WHITE RICE

BEVERAGES

MILK:	<i>2%, Whole, Skim, Chocolate, Lactose Free</i>
COLD DRINKS:	<i>Dinnerced Tea, Crystal Lite® Lemonade Fruit Punch, Sweet Tea</i>
SODA:	<i>Pepsi®, Diet Pepsi®, Ginger Ale, Diet Ginger Ale (other flavors upon request)</i>
HOT DRINKS:	<i>Coffee, Decaf Coffee, Hot Tea, Decaf Hot Tea</i>
HOT CHOCOLATE:	<i>Regular or Sugar Free</i>
JUICES:	<i>Orange, Apple, Cranberry, Prune, V-8®</i>

DESSERTS

CAKES:	<i>Angel Food, Lemon, Chocolate Layer, Banana, Cheesecake with Strawberry Topping</i>
COOKIES:	<i>Chocolate Chip, Oatmeal, Sugar</i>
PIE:	<i>Apple, Sweet Potato, Lemon Meringue</i>
PUDDING:	<i>Vanilla, Chocolate (Regular or Sugar Free)</i>
ICE CREAM REGULAR:	<i>Chocolate, Vanilla, Strawberry</i>
ICE CREAM REDUCED FAT/NSA:	<i>Chocolate, Vanilla</i>
SHERBET:	<i>Orange, Rainbow</i>
ITALIAN ICE:	<i>Cherry, Orange, Lemon</i>
GELATIN:	<i>Regular or Sugar Free</i>

DIAL 200-3663 FOOD to place our order

CULINARY CREATIONS

Simply Nutritious

Room Service Dining Menu

To order from inside Centra, dial 200-3663 (FOOD)

To order from outside Centra, dial 434.200.1399

Service Hours: 6:30 a.m. – 7:00 p.m.

This menu is available for the patient and one caregiver.

Helpful Hints for Ordering Room Service

THINGS TO REMEMBER WHEN PLACING YOUR ORDER:

Certain tests require that you not eat for a period of time. After returning to your room, place your order and we will be pleased to deliver your meal promptly.

If you have any food allergies, please be sure to verify your allergies with one of our agents. Ask about our Gluten Free options.

You may pre-order up to 3 meals in advance. Please inform the room service operator if you wish to pre-order.

TO PLACE YOUR ORDER:

- Call 200.3666 (FOOD)
- Verify your information
- Your food will be delivered within the hour
- Our agents are happy to assist you with food preference & making selections
- On a Puree Diet? Ask our agents for Assistance

May we suggest the following meal times:

Breakfast 7:00 a.m. - 9:00 a.m.

Lunch 11:00 a.m. - 1:30 p.m.

Dinner 4:30 p.m. - 6:00 p.m.

FOR DIABETES MANAGEMENT:

- Please notify the nursing staff after placing your order.
- Timing of blood sugar checks, meal delivery, and medication is critical in keeping your blood sugar as normal as possible.
- Agents will assist you in making your selections.

If there is something you would like and don't see on this menu, our agent can help you build a meal to suit your appetite.

LIQUID DIETS

BROTHS:

Vegetable Beef Chicken

BEVERAGES

JUICES:	Apple, Cranberry
SODA:	Ginger Ale, Diet Ginger Ale
HOT DRINKS:	Coffee, Decaf Coffee, Hot Tea, Decaf Hot Tea
COLD DRINKS:	Iced Tea

DESSERTS

ITALIAN ICE:	Cherry, Orange, Lemon
GELATIN:	Regular or Sugar Free

FULL LIQUID DIETS

ALL OF THE LIQUID DIETS PLUS THE FOLLOWING:

BREAKFAST

OATMEAL

GRITS

SOUPS

TOMATO

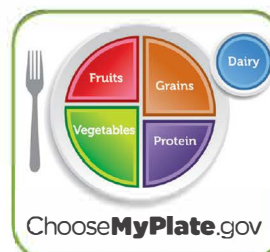
CREAM OF CHICKEN

BEVERAGES

JUICES:	Orange, Tomato, Prune
MILK:	2% Chocolate, Lactose Free
HOT CHOCOLATE:	Regular or Sugar Free
SODA:	Pepsi*, Diet Pepsi*
COLD DRINKS:	Crystal Lite* Lemonade or Fruit Punch

FULL LIQUID DESSERTS

PUDDING:	Vanilla, Chocolate (Regular or Sugar Free)
ICE CREAM:	Chocolate, Vanilla, Orange Sherbet (Regular or Sugar Free)



CENTRA

Culinary Creations

Room Service Dining

At your service

Menu

Room Service Compliments of the Centra Culinary Group

Meals are available from 6:30 a.m. to 7:00 p.m.

DIAL 200-3663 (FOOD) TO PLACE YOUR ORDER