



# SAUK PRAIRIE MEMORIAL

HOSPITAL & CLINICS

## ROOM SERVICE MENU

ROOM SERVICE HOURS

6:30 AM - 6:30 PM

TO PLACE AN ORDER, PLEASE DIAL 7444

OUR MISSION

*Extraordinary healthcare from  
the heart – one person at a time*

# ORDERING FOR YOUR DIET

## BEFORE PLACING YOUR MEAL ORDER

This menu is designed to meet the different dietary needs of our patients. If you need to take any medications before meals, such as insulin, please coordinate your order with your nurse. Your nurse may also give you additional instructions about timing your meal around other tests or treatments.

## CARDIAC AND LOW FAT DIETS

A heart is placed next to the foods lower in fat & cholesterol. You should also choose decaffeinated beverages.

## SODIUM RESTRICTED & CARDIAC DIETS

A salt shaker has been placed next to the items that are higher in sodium that should be limited in your diets.

## SOFT/LOW RESIDUE DIETS

When ordering limit the amount of vegetables, salads, and whole grain bread products, ask for white bread as a substitute. A wheat stalk is placed next to higher fiber foods.

## DIABETIC DIETS (#)

Carbohydrate counts have been placed in parentheses to help you maintain your ideal blood sugar. As a general rule, your carbs should be between 45 and 60 grams per meal, and you should eat protein at each meal. Follow the cardiac restrictions above, unless otherwise directed by your health care provider. Call between the hours of 7:30am-8:30am for breakfast, 11:30am-12:30pm for lunch, & 4:30pm-5:30pm for supper.

Nutrition Service staff may counsel you when ordering to help you meet your dietary restrictions based on the diet prescribed by your physician. If you need further assistance, please ask for a dietitian.

# ROOM SERVICE MADE FRESH FOR YOU

Nutrition Services is proud to offer you a broad selection of fresh, made just for you room service options, with the flexibility to order what you want for your meal.

Please browse through the menu and select your items for breakfast, lunch, dinner or a snack. Once you make your choices, please dial 7444 to place your order. If you cannot place your own order, a family member or nurse can order for you. Please order one meal at a time.

## MEAL DELIVERY

Our goal is to deliver your meal within 30 minutes after your order is placed.

*Sauk Prairie Memorial Hospitals & Clinics has positioned ourselves to become a leader in the local foods movement because we are committed to offering you the freshest, most flavorful, and nutritious food. Local food from local farms, processors and producers is beneficial for our patients and our community. It is part of our mission to support our local economy and local family farms. Our patients, café, and mobile meals customers enjoy fresh local foods such as beef, pork, chicken, buffalo, milk, cheese, and many seasonal fruits and vegetables. Our local processors include:*

***Black Earth Meat Market***

***Wisconsin River Meats***

***Cedar Grove Cheese***

***I.A.M. Dairy & Sassy Cow Creamery***

***KP Simply Fresh Aquaponics Farm***

***Tri-County Produce Auction***

***Proud Member of***

***Something Special from Wisconsin***

