

MENU

DIET TYPES

Regular
There are no diet restrictions for this diet.

Consistent Carbohydrate
Foods containing carbohydrates have the greatest effect on your blood sugar. You will be served the same amount of carbohydrates at each meal. Foods that contain carbohydrates include breads, cereals, potatoes, pasta, rice, beans, milk and milk products, fruit and fruit juices, soda and sweets/desserts.

Low Sodium (2,000mg sodium)
You will be served herbs and spices instead of salt as your seasoning. Foods such as processed cheese, luncheon meats, sausage and ham will be limited.

Low Fat (less than 65 grams of fat per day)
You will be served fresh fruits and vegetables, lean meats, low-fat salad dressing and low-fat dairy.

Cardiac (less than 3 grams of salt and less than 65 grams of fat per day)
You will be served herbs and spices instead of salt as your seasoning. You will also be served fresh fruits and vegetables, lean meats, low-fat salad dressing and low-fat dairy.

Renal (3 grams of salt, 3 grams of potassium and 1.2 grams of phosphorus)
While on this diet, your meals may limit one or more of the following:

- Protein – found in eggs, meat and dairy products (milk, cheese)
- Sodium – found in cured meats (bacon, ham) and other processed foods
- Potassium – high in some fruits and veggies
- Phosphorus – found in milk, nuts, chocolate and dark soda

Weight Management
You will be served fresh fruits and vegetables, lean meats and low-fat dairy.

Gluten Free
Please look for the “GF” symbol in the blue box next to the foods which do not contain gluten. Please note we are not a gluten-free dedicated facility but do offer some gluten-free items.

Dysphagia Diet
You will be offered foods with softer textures for ease of eating.

We hope you enjoy your meals during your stay. Our variety of dietary selection are another way Phelps Health strives to provide an exceptional patient experience.

This symbol indicates a HEALTHIER CHOICE.

These items are GLUTEN-FREE.

These items are HIGHER IN SALT.

(#) = CARBOHYDRATE EXCHANGE (15 grams per exchange)

Some items may not be appropriate for all diets.

LIQUIDS

Clear Liquids

- | | |
|-------------------|---------------------|
| Chicken Broth | Beef Broth |
| Vegetable Broth | Cranberry Juice (1) |
| Apple Juice (1) | Red Gelatin (1) |
| Lemon Gelatin (1) | Peach Gelatin (1) |
| Coffee | Hot Tea |
| Iced Tea | |

Full Liquids

Includes clear liquid diet items above

- | | |
|----------------------------|-------------------------|
| Cream of Chicken Soup (1) | Tomato Soup (1) |
| Cream Soup of the Day (1) | Cream of Wheat (1) |
| Vanilla Pudding (2) | Chocolate Pudding (1.5) |
| Butterscotch Pudding (1.5) | Ice Cream (1) |
| Sherbet (2) | 2% Milk (1) |
| Skim Milk (1) | Chocolate Milk (1.5) |

BEVERAGES

- | | | |
|----------------------|---------------------|----------------------|
| Skim Milk (1) | 2% Milk (1) | Whole Milk (1) |
| Chocolate Milk (1.5) | Soy Milk (1) | Bottled Water |
| Iced Tea | Milkshake | Diet Hot Cocoa (1/2) |
| Herbal Tea | Low-Sodium V8 (1/2) | Decaf Hot Tea |
| Diet Lemonade | V8 (1/2) | Hot Cocoa (1.5) |
| Decaf Coffee | Hot Tea | Coffee |
| Regular Soda | Diet Soda | |

Juice

- | | | |
|---------------|---------------|------------|
| Apple (1) | Cranberry (1) | Orange (1) |
| Pineapple (1) | Grape (1) | Prune (1) |



DIAL 7628 TO ORDER

1000 West 10th Street | Rolla, MO
(573) 458-7628

PHELPSHEALTH.ORG



BREAKFAST 7:00 AM-10:00 AM

Fruit

- Orange (1)
- Banana (1)
- Canned Pears (1)
- Fruit Cup (1)
- Apple (1)
- Applesauce (1)
- Canned Peaches (1)
- Fresh Grapes (1)

Yogurt

- Strawberry (1)
- French Vanilla (1)
- Peach (1)

Bakery

- Bagels:** Plain (4)
- Blueberry (4.5)
- Muffins:** Blueberry (2.5)
- Banana (2.5)
- Score:** Blueberry (4)
- Raspberry White Chocolate (4)
- Danish (1)**
- Cinnamon Raisin (4.5)
- Wheat (4)
- Chocolate Chip (3)
- Apple Cinnamon (3)

Cold Cereal

- Corn Flakes (1)
- Rice Krispies (1)
- Cheerios (1)
- Frosted Mini Wheats (2)
- Kix (1) 
- Raisin Bran (2)
- All-Bran Flakes (1)
- Shredded Wheat (2)
- Frosted Flakes (1.5)

Hot Cereal

- Cream of Wheat (1)
- Malt-O-Meal (1)
- Grits (1) 
- Oatmeal (1)
- Cream of Rice (1) 

Breakfast Specialties

- Scrambled Eggs 
- Hard Boiled Eggs 
- Bacon 
- Ham 
- Buttermilk Pancakes (2) 
- Breakfast Potatoes (1) 
- Poached Eggs 
- Low-Cholesterol Eggs 
- Sausage Patty 
- Biscuits and Gravy (2) 
- French Toast (2) 
- Toast (1) 

Omelet  (Choice of ham, cheese, bacon, green peppers, onions, tomatoes and mushrooms) or Low-Cholesterol Omelet 

Breakfast Sandwich:

- Choice of Croissant (2) or English Muffin (2)
- Egg and Cheese
- Ham, Egg and Cheese
- Bacon, Egg and Cheese



LUNCH AND DINNER

11:00 AM-6:30 PM

Entrées

- Roast Turkey 
- Herbed Chicken Breast 
- Macaroni and Cheese (3) 
- Baked Salmon 
- Grilled Tilapia 
- Country Fried Steak (2) 
- Pasta with Marinara Sauce (3.5) 
- Chicken Tenders (2) 

Sandwiches

- Hamburger (2)
- Veggie Burger (3.5) 
- Grilled Cheese (2) 
- Cheeseburger (2) 
- Grilled Chicken Sandwich (2) 
- Peanut Butter and Jelly (3)

Sides

- Mashed Potatoes (1) 
- Tater Tots (1) 
- Corn (1) 
- Green Peas (1) 
- Garlic Bread (1)
- Baked Lays (1.5) 
- Spinach 
- Potato Wedges (1)
- Green Beans 
- Sliced Beets 
- Broccoli 
- Cauliflower 
- Baked Potato (2) 
- Rice (1) 
- Carrots 
- Chili (2.5) 
- Cottage Cheese 

Salads

- Chef Salad 
- Chicken Caesar Salad
- Garden Salad
- Mandarin Chicken Salad 
- Relish Vegetable Plate 
- Cobb Salad 
- Coleslaw

Fruit Plates

Fresh or Canned Fruit  with Choice of Muffin, Cottage Cheese or Crackers

Dressings: Catalina, Italian, Ranch, Caesar, Vinegar and Oil , Low-Calorie French and Italian, Fat-Free Ranch

Soups

- Chicken Noodle (1)
- Vegetable (1)
- Cream Soup of the Day (1)
- Broth : Chicken, Beef or Vegetable
- Crackers and Low-Salt Crackers (3-pack) (1)

DELI

Create your own custom sandwich
(Served hot or cold)

Meats

- Turkey 
- Ham 
- Roast Beef 
- Tuna Salad 
- Chicken Salad 
- Ham Salad 
- Egg Salad 

Breads

- White Bread (1) /Bun (2)
- Wheat Bread (1)/Bun (2) 
- Rye Bread (1)
- Hoagie Bun (3)
- Two 6" Corn Tortillas (1) 
- 8" Flour Tortilla (1)

Cheese

- American 
- Swiss 
- Monterey Jack 
- Provolone 

Extra

- Lettuce 
- Tomato 
- Pickles 
- Onions 

Condiments

- Salt 
- Sugar (1) 
- Non-Dairy Creamer 
- Margarine 
- Diet Jelly 
- Vinegar 
- Mustard 
- Sour Cream
- Soy Sauce 
- Miracle Whip
- Pepper 
- Brown Sugar (1) 
- Lemon Juice 
- Butter 
- Syrup (1)
- Parmesan Cheese 
- Ketchup 
- Pickle Relish 
- Barbecue Sauce 
- Peanut Butter 
- Mrs. Dash 
- Splenda 
- Lemon Wedge 
- Jelly (1) 
- Diet Syrup
- Cream Cheese 
- Honey (1) 
- Tartar Sauce 
- Mayonnaise 
- Miracle Whip Fat-Free 

DESSERTS

- Carrot Cake (3)
- Angel Food Cake (1)
- Sugar-Free Chocolate Pudding (1)
- Sugar-Free Vanilla Pudding (1)
- Chocolate Cream Pie (3.5)
- Vanilla Ice Cream (1) 
- Red Gelatin (1) 
- Peach Gelatin (1) 
- Chocolate Cake (3)
- Chocolate Pudding (1.5)
- Vanilla Pudding (2)
- Apple or Cherry Pie (3)
- Sherbet (2) 
- Sugar-Free Ice Cream (1)
- Lemon Gelatin (1) 
- Custard (1) 

Cookies and Crackers

- Oreo Cookies (1.5)
- Crispy Rice Treat (1)
- Vanilla Wafers (1)
- 100-Calorie Snack Packs: Goldfish or Oreo (1)
- Lorna Doone Cookies (1)
- Graham Crackers (1)
- Sugar-Free Cookies (1)

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