

GUIDELINES FOR HEALTHY EATING

To place your request, simply

DIAL 4514

on your room phone between
the hours of

7:30 a.m. to 4:30 p.m.

Your order will arrive
within 45 minutes

If you have diabetes, are receiving insulin, or are taking any other medication with meals, please press the call bell to alert your nurse when you order your meal. This will allow your nurse to administer your medication and/or blood sugar testing in a timely manner.

A healthy diet, combined with regular physical activity and not smoking can reduce your risk of heart disease and some cancers, as well as your risk of developing diabetes, high blood pressure and stroke. Miles Memorial Hospital has developed this menu to provide you with a variety of wholesome and healthy meal selections during your stay

To make your diet healthier

- Watch your weight - if your BMI (body mass index) is greater than 25, try to reduce it. Include activity and exercise in your daily routine.
- Eat more whole-grain carbohydrates and less refined-grain carbohydrates. Choose whole grains, including 100 percent whole wheat bread, oatmeal, brown rice, whole wheat pasta and whole wheat crackers. Reduce refined carbohydrates such as white bread, white rice, potatoes, pasta, sugary cereals, sweets, candy and soda.
- Eat plenty of fruits and vegetables - a healthy goal is three fruits and five vegetables (two to three cups) each day.
- Eat fewer unhealthy fats and more healthy fats - limit saturated fat and trans-fat food sources found in butter, stick margarine, fatty meats, whole-milk products and deep fried foods. Choose more unsaturated fat food sources, including olive, canola and peanut oil and nuts.
- Limit sodium intake. A healthy goal is 2,300 mg of sodium a day.



Miles Memorial Hospital
MaineHealth

Room Service Menu

Exclusively for our Patients

FAMILY AND VISITORS ARE INVITED
TO VISIT THE MILESTONE CAFE ON
THE GROUND FLOOR, OPEN DAILY
7:30 A.M. TO 4 P.M. M-F
8:30 A.M. TO 4:00 P.M. S & S

BREAKFAST

Available for ordering from
7:30 a.m. - 10 a.m.

Fruits & Juices

Apple Juice	Banana
Cranberry Juice	Fresh Fruit Cup
Orange Juice	Prunes

Cereals, etc.

Oatmeal	Cornflakes
Cream of Wheat	Raisin Bran
Krispy Rice	Cheerios

Yogurt

French Vanilla Yogurt
Fruited Yogurt, including peach,
blueberry or strawberry

Entrees

Scrambled Eggs
Cholesterol-Free Scrambled Eggs
Cheese Omelet
Buttermilk Pancakes with syrup (Thursdays only)
French Toast with syrup
Bacon or Sausage
Home fries / Hash browns
McMiles with bacon or sausage

Bakery & Breads

Muffin of the day
Daily scone
Cinnamon bun
Toasted plain bagel
Toasted cinnamon-raisin bagel
White or whole wheat toast
Toasted English muffin

LUNCH AND DINNER

Available for ordering from
11 a.m. to 4:30 p.m.

Soups

Chicken Noodle Soup
Tomato Soup
Vegetable Soup
Chicken or Beef Broth

On the Side

Fresh carrots, celery,
broccoli & cucumber plate
Garden salad
Fresh fruit cup
Dressings: Italian, French, Ranch, Oil &
Vinegar, 1000 Island
Fat free versions available upon request

Deli Bar

Sandwiches

BLT
peanut butter and jelly
hummus and veggie wrap
chicken salad
egg salad
tuna salad

Create your own custom sandwich!

Sliced Meats - turkey breast, ham,
roast beef,

Cheese - American, Swiss, provolone

Breads - white, whole wheat, rye, wrap

Extras - onion pickle, lettuce, tomato

Chips -regular or baked

From the Grill

Chicken quesadilla with sour cream & salsa
Grilled cheese sandwich
Grilled chicken on a soft bulky roll
Hamburger/Cheeseburger on a bun
Veggie burger on a bun

Entree Salads

Chef Salad

Fresh greens topped with julienne slices of turkey
breast, ham, cubed cheese, boiled egg & vegetables

Fresh Fruit & Cheese Plate

Fresh seasonal fruit with low fat cottage cheese

Grilled Chicken Caesar Salad

Grilled chicken on top of crisp romaine lettuce,
shredded Parmesan cheese and crunchy croutons

Asian Chicken Salad with Oriental Dressing

Seasoned chicken on top of a bed of fresh tossed
greens

Entrees

Chicken Parmesan

Lightly breaded chicken breast with marinara sauce
and melted mozzarella cheese

Roast Turkey with Trimmings

All white meat turkey served with dressing, gravy and
cranberry sauce

Steak Bomb

Sliced steak, onions, green peppers and mushrooms in
a sub roll topped with mozzarella cheese

Crab Topped Haddock

Tender baked haddock with a light crab topping

Healthy Lite Fish Fillet

Broiled haddock with lemon parsley butter

Lobster Roll

Fresh Maine lobster with mayo in a grilled hot dog
bun

Pasta Bar - Mix & Match

Spaghetti, cheese tortellini, whole wheat penne, pesto,
marinara sauce with or without meat balls

Accompaniments

Whipped potato	Dinner roll	Broccoli florets
Brown rice	Sweet Green Peas	Whole kernel corn
French fries	Boiled red potatoes	Garlic bread sticks

DESSERTS, BEVERAGES & CONDIMENTS

Deserts

Cake - Angel food with fresh strawberries &
whipped topping

Pie - chocolate cream pie

Cookie of the day

Fresh Fruit - apple, banana, pear, orange

Soft Fruit - applesauce, peach slices, pear halves

Ice Cream - chocolate, strawberry, vanilla

Sherbert - orange, raspberry

Also: Custard Frozen Yogurt

* Ask about our daily dessert specials

Beverages

Hot - Coffee (regular or decaf)
Tea (regular or decaf)
Herbal Tea
Hot Chocolate

Cold - Low Fat 1% Milk
Skim Milk
Low Fat Chocolate Milk
Caffeine Free Diet Pepsi
Root beer, Sierra Mist, Diet Sierra Mist

Condiments

margarine	half & half creamer	ketchup
butter	non-dairy creamer	mustard
peanut butter	lemon wedge	relish
brown sugar	honey	mayo
cream cheese	crackers	jelly