

Breakfast Entrees

Choice of one Breakfast Entree Item

or choose from the Breads, Cereals & Fruit Group Below

Served 7:00 a.m. to 10:00 a.m.

Scrambled Eggs (0) ♥
2 Fluffy Eggs - Cholesterol Free also available

French Toast (30) ♥
2 Slices Made to order

Pancakes (30) 🍷
2 Light and Fluffy Pancakes

Made To Order Omelet (0) ♥
Cholesterol Free also Available
Some items are not allowed on modified diets.
Cooked to perfection and stuffed with shredded Cheddar Cheese.
Plain Omelets also available. Served with your choice of mushrooms, bacon, sausage, onions, green peppers.

Biscuits & Gravy (40) 🍷
One homemade biscuit and sawmill gravy. A country favorite!

Breakfast Entree Side

Bacon (0) 🍷 Hashbrowns (15) 🍷 Sausage (0) 🍷
Oatmeal (30) ♥

Breads, Cereals, Fruit

Served 7:00 a.m. to 11:00 a.m.

Corn Flakes (18) ♥ Cheerios (14) ♥ Raisin Bran (27) ♥ Honeynut Cheerios (22) ♥
Homemade Biscuit (30) 🍷 Bran Muffin (48) ♥ Low Fat Muffin (40) ♥
Fruit Yogurt (30) ♥ Lite Yogurt (19) ♥ Banana (15) ♥

Juices

Orange (15) ♥ Cran-Grape (16) V-8 (7) 🍷
Apple (15) ♥ Prune (23) ♥ V-8 Low Sodium (7) 🍷
Cranberry (15) ♥ Tomato (7) 🍷

LEGEND:

♥ Heart Healthy (#) gm of Carbohydrate
🍷 Item is high in sodium and not allowed on low sodium diets

Entrees

Choice of one Entree, Grill, or Deli Item

Served 11:00 a.m. to 7:00 p.m.

Oven Roasted Turkey (0) ♥ Baked Catfish (0) ♥ Fried Chicken Tenders (15) 🍷 Country Fried Steak (12) 🍷 Grilled Chicken Breast (0) ♥
Homemade Meatloaf (0) ♥ Southern Fried Catfish (15) 🍷 Fried Chicken Breast (15) 🍷 Chicken & Dumplings (15) 🍷

Off the Grill

Served 10:00 a.m. to 7:00 p.m.

Hamburger (30) ♥ Pork Loin Sandwich (30) ♥ Fried Catfish Sandwich (45) 🍷 Grilled Cheese (30) 🍷
Cheeseburger (30) 🍷 Baked Fish Sandwich (30) ♥ Grilled Chicken Sandwich (30) ♥

Deli

Served 11:00 a.m. to 7:00 p.m.

Ham Sandwich (30) ♥ 🍷 Chicken Salad Sandwich (40) ♥ 🍷 Chef Salad (5) 🍷 Grilled Chicken Salad (5) ♥
Turkey Sandwich (30) ♥ Tuna Salad Sandwich (30) ♥ 🍷 Cottage Cheese & Peaches (19) ♥ 🍷

Soups, Salads and Sides

Choice of two

SOUPS

Homestyle Chicken Noodle Soup (10) ♥ Vegetable Soup (12) ♥
Classic Tomato Soup (15) ♥

SALAD

Tossed Salad (5) ♥

SALAD DRESSINGS

Ranch (0) 🍷 Thousand Island (4) French (0) ♥
FF Ranch (10) ♥ 🍷 Italian (0) ♥ FF Honey Mustard (13) 🍷
Blue Cheese (0) 🍷 Honey Mustard (7) 🍷

**If your physician has prescribed a modified diet, some items may not be appropriate for your diet.*

The Room Service operator will assist you in making food choices. Also, additional pediatric options are available.

Side Items Continued

Carrots (5) ♥ Corn (15) ♥ Green Beans (5) ♥ Vegetable Blend (5) ♥ Mashed Potatoes (15) ♥ Macaroni & Cheese (15) 🍷 Homemade Dressing (30) ♥ Steamed Squash (3) ♥ Cranberry Sauce (26) ♥
Regular Chips (23) 🍷
Coleslaw (8) Heart Healthy Coleslaw (5) ♥ Peas (15) ♥ Golden Fries (30) Baked Potato (30) ♥ Fried Okra (7) 🍷 Rice (25) ♥ Pinto Beans (15) 🍷
Light Chips (17) ♥ 🍷

BREADS

Cornbread Muffin (30) ♥ Whole Wheat Bread (15) ♥
Roll (25) White Bread (15) ♥

Desserts

Angel Food Cake (30) ♥ Coconut Cake (40) Golden Chocolate Cake (35) 🍷 Jello (17) ♥ SF Jello (0) ♥
Homestyle Apple Pie (45) 🍷 Chocolate Meringue Pie (30) 🍷 Southern Pecan Pie (60) 🍷 Fresh Fruit Cup (15) ♥ Fruit Cocktail (15) ♥ Pudding Parfait (25) ♥
Vanilla Pudding (30) ♥ Chocolate Pudding (30) ♥ Butterscotch Pudding (30) ♥ SF Vanilla Pudding (15) ♥ SF Chocolate Pudding (15) ♥ SF Pudding Parfait (10) ♥

Beverages

Regular Coffee (0) Decaf Coffee (0) Sweet Tea (25) Unsweet Tea (0)
Whole Milk (12) 2% Milk (12) Skim Milk (12) ♥ Bottled Water (0) ♥
Cola (28) Diet Cola (0) Lemon Lime (26) Diet Lemon Lime (0) Ginger Ale (21) Diet Ginger Ale (0)

Condiments

Available upon request:

Salt Sugar Substitute Lemon Mayo Diet Jelly BBQ Sauce
Pepper Honey Ketchup Fat Free Mayo Creamer Sweet & Sour Sauce
Sugar Margarine Mustard Jelly Tartar Sauce Sour Cream

Your diet is ordered by your physician and carefully prepared by the Food & Nutrition Department. If your physician has ordered a modified diet, some food items may not be allowed on your diet. A room service operator will assist you in making menu choices.

Note: If this diet is new to you, the food may taste different than what you are accustomed to. If you have any questions regarding your diet, please contact the Registered Dietitian at Extension 2611.

HOW TO PLACE YOUR ORDER

- Review the menu and choose the foods you would like to order.
- Place your order by calling Room Service at extension 3663 (FOOD) anytime between 7:00 a.m. and 7:00 p.m.
- Please allow 30-45 minutes for your order to be delivered
- You may pre-order your meals in advance. To do so, please inform the Room Service Telephone Operator.
- Snacks and supplements between meals, as allowed within diet guidelines, can be ordered by calling Room Service at extension 3663 (FOOD) and will be delivered by Room Service Personnel. Some snacks and supplements are available only by a physician or dietitian order.

Family & Friends

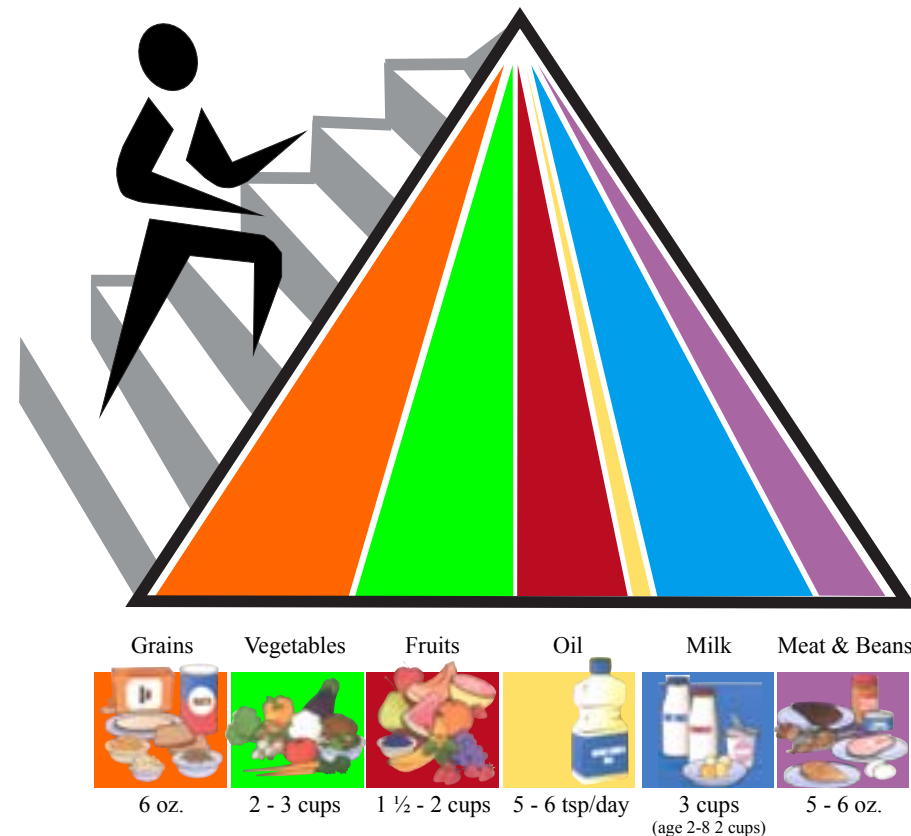
Visitors and family caregivers unable to visit the CRMC Cafe' may request meals be delivered to the patient room by calling Room Service at 3663.

Call Room Service at extension 3663 (FOOD) to place your order.

USDA's MyPyramid Food Guidance System

Your Guide to Daily Food Choices

When it comes to feeling good and being healthy, eating right makes all the difference in the world. The USDA's MyPyramid food guidance system provides suggestions for the types and amounts of foods you should eat each day. When you pick from each food group over the course of a day, you're sure to get all the nutrients you need for proper health. However, your physician may prescribe certain dietary restrictions in order to better treat your specific medical needs, altering your personal food guide pyramid.



Visit www.mypyramid.gov for individualized meal plan.

About Room Service

Room Service is the patient dining service program at Cookeville Regional Medical Center. Patients are offered fresh cooked-to-order food from an extensive restaurant style menu. You get the food you want, when you want it, prepared just for you. The Food and Nutrition Staff is committed to delivering the best food and service possible. If you have any questions or concerns with your menu selection, food delivery or quality, please call Room Service at extension 3663 (FOOD).

Room Service Dining Menu



To place your order
dial 3663 (FOOD)

Hours of Service:
7:00 a.m. to 7:00 p.m.

Please allow 30-45
minutes for delivery