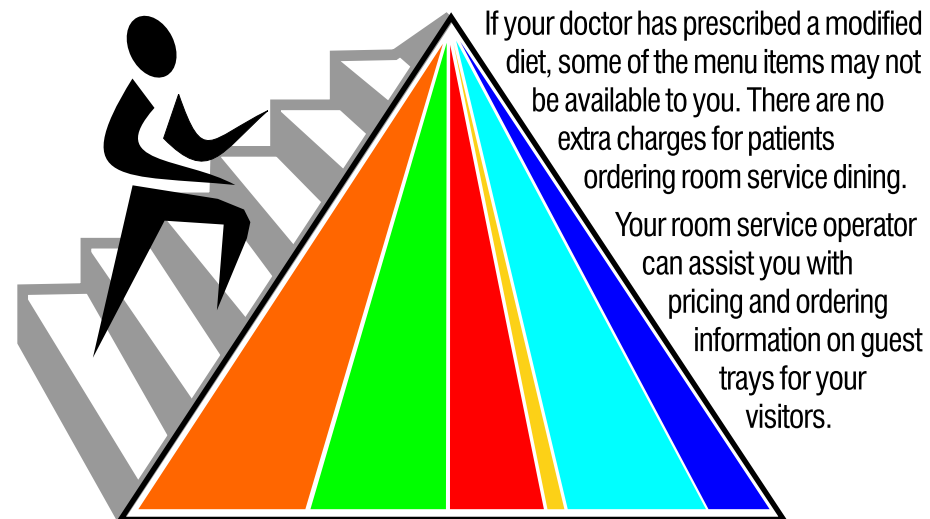


Your Guide to Daily Food Choices

When it comes to feeling good and being healthy, eating right makes all the difference in the world. That is why we have included the reference information for Mypyramid.gov. This website allows consumers to create a meal plan specified for their individual needs. When you choose foods from each food group over the course of a day, you are sure to get all of the nutrients you need for optimum health.

Have a question about what to eat? Be sure to ask our dietitians for some meal suggestions, or call 1-4343 for assistance.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

The staff of OU MEDICAL CENTER, in partnership with Sodexho Services, is committed to delivering the best service possible and to making sure that you are VERY SATISFIED. In keeping with that goal, we are pleased to offer AtYour RequestSM Room Service Dining.



For Everyone--Information concerning Portion Distortions

What a serving really means for your health

A Serving	Visualize
3 oz meat	A deck of cards or a bar of soap
1 cup of cereal or pasta	A baseball or tennis ball
1 oz hard cheese	4 standard size dice or 2 dominos
1 teaspoon oil	A 20oz soda bottle cap
1-teaspoon margarine	A standard size postage stamp
1 baked potato	A computer mouse
½ cup of fruit or vegetable	½ baseball
Fresh apple or orange	A tennis ball

If your doctor has prescribed a modified diet, some of the menu items may not be available to you. There are no extra charges for patients ordering room service dining. Your room service operator can assist you with pricing and ordering information on guest trays for your visitors.

Room Service Dining Menu



Medical Center

To place your food request dial 1-4343
or from outside the hospital dial (405) 271-4343
Room service operators are available from 6:30 a.m. to 6:30 p.m.

AT YOUR REQUEST
Room Service Dining[®]

by **sodexo**^{*}

Taking Hospital Food to a Whole New Level

Presenting *AtYour Request Room Service Dining[®]*, designed with you in mind.

Unlike most other hospitals where you pick your food the day before from a limited selection, we offer you a choice from the menu located in your room, when you want and what you want based on your dietary restrictions.

You (or your family) can call our room service operators at 14343 anytime between 6:30 a.m. and 6:30 p.m. to order and our staff will deliver your food within 45 minutes of the order. We will also take advance diet orders for an entire day, if you prefer.

If you are on a special diet, our room service operators will help you with your selection. Please, remember that you may not be permitted all of the foods that are listed due to diet restrictions ordered by your doctor. Please, restrict entrée[®] orders to one selection.

Patients are not charged any extra for *AtYour Request Room Service Dining*. For your visitors and guests, we offer several options. You can visit the cafeteria, which is located on the Lower Level of Presbyterian Tower and the First Floor of The Children's Hospital. You may call **13640** to find out what's being served on a daily basis.

Your guests or family may also call our room service for a guest tray during the hours of 6:30 a.m. – 6:30 p.m. and pay \$6.50 with a credit card to order a tray. We will deliver it in the same way as our regular patient trays.

At OU MEDICAL CENTER we want all of our patients to be VERY SATISFIED with each meal. Feel free to let our room service associates know how we can help satisfy all your food service needs.

 **Medical Center**

Breakfast

Omelet Your Way	Biscuit & Gravy
Breakfast Quesadilla	Hash Browns
Pancake French Toast	Cottage Cheese
Scrambled Eggs	Yogurt
Low Cholesterol	Bacon Ham
Scrambled Eggs	Sausage Patty
Hard Boiled Egg	Turkey Sausage Patty

Cereals

Hot Cereal	
Oatmeal Cream of Wheat	
Cheerios	Rice Krispies
Honey Nut Cheerios	Special K
Frosted Flakes	Fruit Loops
Corn Flakes	Lucky Charms
Raisin Bran	Cocoa Crispies

Bakery and More

Bagel
(Plain or Cinnamon Raisin)

Muffin
(Blueberry or Banana Nut)

Cream Cheese Danish

Biscuit | Toast

Puree Diet

Roast Beef
Turkey
Pork
Chicken
Green Beans
Carrots
Peas Corn
Whipped Potatoes and Gravy

Main Courses

Baked Tilapia	Cheese Enchiladas	Roast Turkey
Fried Catfish	Grilled Chicken Breast	Hot Roast Beef Sandwich
Meat Loaf	Chicken Parmesan	Daily Special
Spaghetti with Meat Balls	Fajitas	available after 10 am
Chicken Fried Steak	<i>Beef or Chicken</i>	

Accompaniments

Green Beans	Asparagus	Dinner Roll
Sliced Carrots	Baked Potato	White or Wheat Bread
Broccoli	Cornbread Dressing	Saltine Crackers
Zucchini	French Fries	Chips:
Kernel Corn	Macaroni and Cheese	<i>Potato Chips, Baked Potato Chips,</i>
Pinto Beans	White Rice	<i>Cheetos, Cool Ranch Doritos,</i>
California Blend	Whipped Potatoes	<i>Tortilla Chips, Pretzels</i>

Grill and Deli

Cheeseburger	Quesadilla: (Chicken, Beef,	Pizza
Hamburger	Cheese or Veggie)	<i>Cheese, Pepperoni or Sausage</i>
Vegetarian Burger	Hot Ham and Cheese	Hot Dog
Chicken Breast Sandwich	Philly Cheese Steak	Corn Dog Nuggets
BLT	Grilled Cheese Sandwich	Chicken Nuggets

Specialty Sandwiches

Bedlam Wrap	Big Red	OUMC Signature Sandwich
<i>Ham, Turkey, Bacon, and American Cheese on a Tomato Basil Tortilla with Spinach, Cucumbers, Tomato and Ranch Dressing</i>	<i>Turkey and Pepper Jack Cheese on White Bread with Red Bell Peppers, Onions, Mayo and Lettuce</i>	<i>Roast Beef and Provolone on Wheat Bread with Lettuce, Tomato and Basil Mayo Dressing</i>

Sooner Burger:

Hamburger with Shredded Cheddar, Chili, Onions, Mustard and Jalapeno Peppers on Bun

Deli Bar

Create your own sandwich or wrap from our Deli Bar with these selections:

Sandwich Breads:

Wheat Bread
White Bread
Croissant
Tortilla
Flour, Tomato or Jalapeño
Hoagie Bun

Sandwich Fillings:

Ham | Roast Beef
Turkey | Chicken
Tuna or Chicken Salad
Peanut Butter
American, Provolone, Cheddar
or Pepper Jack Cheese

Extras:

Lettuce, Tomato, Onion, Pickle,
Bacon, Mayonnaise, Mustard,
Ketchup

Soups and Salads

Grilled Chicken Caesar Salad	Potato Salad	Broth <i>Chicken, Beef, or Vegetable</i>
Chef Salad	Raw Vegetables with Dip	Dressings:
Side Tossed Salad	Chef's Soup of the Day	Italian, FF Italian, Ranch,
Side Caesar Salad	Vegetable Soup	FF Ranch, French, FF French,
Fruit and Cottage Cheese Plate	Tomato Soup	Caesar, Balsamic Vinaigrette,
Pasta Salad	Chicken Noodle Soup	Honey Mustard, Thousand Island

Fruits and Desserts

Apple	Sugar Cookie	Rice Krispie Treat
Banana	Angel Food Cake	Popsicle
Orange	Chocolate Cake	<i>Cherry, Grape, Orange or Lime</i>
Applesauce	Strawberry Shortcake	Gelatin
Fruit Cocktail	Apple Pie	<i>Lemon, Orange, Lime or Cherry</i>
Canned Peaches	Lemon Meringue Pie	Ice Cream
Canned Pears	Pineapple Upside Down Cake	<i>Vanilla, Chocolate or Strawberry</i>
Canned Pineapple	Brownies	Sherbet
Fresh Fruit Cup	Graham Crackers	<i>Lime or Orange</i>
Chocolate Chip Cookie	Animal Crackers	Pudding
Oatmeal Raisin Cookie	Teddy Grahams	<i>Vanilla or Chocolate</i>

Beverages

Apple Juice	Soy Milk	Iced Tea
Grape Juice	Coke	Hot Chocolate
Cranberry Juice	Diet Coke	Supplements:
Orange Juice	Sprite	Ensure
Prune Juice	Diet Sprite	<i>Vanilla, Chocolate, Strawberry</i>
V8 Juice	Dr. Pepper	Ensure Plus
Whole Milk	Diet Dr. Pepper	<i>Vanilla, Chocolate, Strawberry</i>
Reduced Fat Milk	Coffee	
Fat Free Milk	Decaf Coffee	
LowFat Chocolate Milk	Hot Tea	

Room Service Operators are available from 6:30 am till 6:30 pm

To order your meal from your room dial 1-4343
If you are outside of the hospital dial (405) 271-4343.