

Date June 2022

### 2022 Diet Menu Attestation

By signing below, I attest that the Davis County Hospital & Clinics, Food and Nutrition menus provided by ADM Healthcare meet the nutritional need for the patients of the facility.

Angelina Binkov, RDN, LD  
Dietitian

7/1/2022  
Date

Janet Plunk, RDN, LD  
Dietitian

8/25/22  
Date

Bob Powell  
Food & Nutrition Manager

7-13-22  
Date

Donald Winterson  
Medical Director (F & N)

7/1/22  
Date

Ruby Jo Jensen  
DCHC Director Ancillary Services

7-1-2022  
Date

# ROOM SERVICE MENU - House Diet Selections

# SATURDAY

## BREAKFAST

	General/NAS	Consistent Carbohydrate	Sodium Restricted 2gm	Heart Healthy	Mechanical Soft	Clear Liquid	Full Liquid	Modified Renal
1/2 cup or 4 oz	Cranberry Juice 4 oz,	Cranberry Juice 4 oz, (1)	Cranberry Juice 4 oz,	Cranberry Juice 4 oz,	Cranberry Juice 4 oz,	Apple Juice 4 oz,	Apple Juice 4 oz,	Cranberry Juice 4 oz,
2 each	2 Pancakes	1 Pancake (1)	1 Pancake	1 Pancake	2 Pancakes		Oatmeal	1 Pancake
2 slices	Bacon	Bacon	Scrambled Egg (1/2 cup)	Low Cholesterol Scrambled Egg (1/2 cup)	Ground Sausage Patty 2 oz w/ Gravy 1 oz	Chicken Broth 3/4 cup		Scrambled Eggs (1/2 cup)
1 each	Margarine	Margarine	Margarine	Margarine	Margarine			Margarine
1/2 cup						Plain Jello		
8 oz or 1 cup	Skim Milk	Skim Milk (1)	Skim Milk	Skim Milk	2%Milk		2% milk 1 cup	Skim Milk 4 oz
1 each	Syrup	Diet Syrup (0.5)	Syrup	Syrup	3 pkts Syrup			Syrup
6 oz or 3/4 cup	Coffee	Coffee		Decaf Coffee	Coffee	Coffee	Coffee	Coffee
	Sugar, Creamer	Splenda , Creamer		Sugar, Creamer	Sugar, creamer	Sugar	Sugar & Creamer	Sugar, Creamer
	Salt & Pepper	Salt & Pepper	Salt Free Seasoning & Pepper	Salt Free Seasoning & Pepper	Salt Free Seasoning & Pepper		Salt	Salt Free Seasoning, Pepper

## LUNCH

	General/NAS	Consistent Carbohydrate	Sodium Restricted 2gm	Heart Healthy	Mechanical Soft	Clear Liquid	Full Liquid	Modified Renal
4 oz burger 1 bun	Hamburger on Bun	Hamburger on Bun (2)	Hamburger on Bun	Hamburger on Bun	Cut up Roast Beef 3 oz w/ Gravy 1 oz	Beef Broth 3/4 cup	Pureed Chix Noodle Soup 6 oz or 3/4 cup	Hamburger on White Bun
4 oz	French Fries	French Fries (1)	French Fries	French Fries Baked	Noodles			
1 cup	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Carrots cooked soft - cut up int	Cranberry Juice 4 oz		Tossed Salad
Varied portions	Sugar Cookie 2 oz	Sugar Free Gelatin 1/2 cup 1/2 Banana (1)	Vanilla Wafers (8 each)	Banana	Vanilla Pudding (3 oz)		Plain Jello 1/2 cup	Sherbet (4 oz)
1 each	Margarine	Margarine	Margarine , Vinegar & Oil	Margarine	Margarine	Plain Jello 1/2 cup	Margarine	Vinegar & Oil (1 oz)
1 cup or 8 oz	Skim Milk	Skim Milk (1)	Skim Milk	Skim Milk	2% Milk		2% Milk	Skim Milk (4 oz)
1 pkt each	French Dressing , Ketchup	French Dressing, Ketchup						
	Salt, Pepper	Salt, Pepper	Salt Free Seasn/Pppr	Salt Free Seasn , Pepper	Salt & Pepper		Salt	Salt Free Seasoning

## DINNER

	General/NAS	Consistent Carbohydrate	Sodium Restricted 2gm	Heart Healthy	Mechanical Soft	Clear Liquid	Full Liquid	Modified Renal
4 oz	Grilled Chicken Breast	Grilled Chicken Breast	Grilled Chicken Breast	Grilled Chicken Breast	Ground Chix W/Gravy	Beef Broth 3/4 cup		Grilled Chicken Breast
1/2 cup or #8 scp	Mac & Cheese	Mac & Cheese (1)	Rice	Rice	Mac & Cheese		Tomato Soup 6z	Rice
1/2 cup or 4 oz	Carrots	Carrots	Carrots	Carrots	Green Beans cooked soft - cut up into bite sized pieces	Cranberry Juice	Sherbet	Carrots
1 slice cut 8	Apple Pie	Fresh Fruit	Apple Pie	Vanilla Pudding 3 oz	Chocolate Ice Cream 4 oz	Plain Gelatin 1/2 cup	Plain Jello 1/2 cup	Apple Pie
1 each	Margarine	Margarine	Margarine	Margarine	Margarine			
1 cup or 8 oz	Skim Milk	Skim Milk (1)	Skim Milk	Skim Milk	2% Milk		2% Milk	Skim Milk (4 oz)
6 oz or 3/4 cup	Decaf Coffee, Creamer	Decaf Coffee	Decaf Coffee	Decaf Coffee	Decaf Coffee	Decaf Coffee		Decaf Coffee
		Splenda	Sugar , Creamer		Sugar, Creamer			
	Salt & Pepper	Salt & Pepper	Salt Free Seasoning	Salt Free Seasoning	Salt & Pepper		Salt	Salt Free Seasoning