



Welcome to Paoli Hospital!

Do you remember when “hospital food” was one of the things patients generally tried to minimize or avoid? Maybe it still is elsewhere, but meal times have a whole new attraction at Paoli. Just as our new Pavilion incorporates building design elements to help the healing process, we also work hard to provide a meal delivery system that makes sense for patients. We want your meals to be wholesome, nourishing, and well-balanced because we believe they will aid in your treatment and recovery. We also want you to be able to order each meal when you are ready rather than on a regimented meal time schedule.

As part of this effort to make every meal time a superior experience for you, Paoli Hospital now provides the Just For You Room Service Program—meals prepared fresh daily, ensuring the finest quality, and delivered within 45 minutes of placing your order.

Daily Hours of Service

Breakfast: 6:30 AM to 6:30 PM | Lunch/Dinner: 11:00 AM to 6:30 PM

Here's how it works: When you're ready to eat breakfast, lunch, or dinner, just **dial extension 8888 to place your order.** (From an outside line, please call 484-565-8888.) Our personal-approach philosophy to meal time is consistent with our desire to ensure individualized care for each patient during the entire hospital stay. I take great pride in Paoli Hospital, the care we provide, our nationally recognized nurses (Magnet®), our highly talented physicians, and our amazing staff members who give their best every day.

On behalf of everyone at Paoli, I extend our sincere commitment to provide you with a quality experience—a blend of caring, excellence, and contemporary services. I hope you will agree that our room service menu is a unique contributor to that experience.

Best wishes for a speedy recovery!

Sincerely,



Barbara Tachovsky, President of Paoli Hospital



Paoli Hospital

Main Line Health

Well ahead.SM

For questions or concerns regarding room service, please contact Assistant Director of Patient Services Danielle Platt, MS, RD, LDN, at 484-565-1127.





relax

Dietitian's Corner

While in the hospital, your physician may order a specific dietary plan based on your medical condition. Below are the most commonly prescribed diets in a hospital setting.

Regular Diet

This diet has no restrictions. On this diet, you are able to choose any of the menu options.

Heart-Healthy Diet

Also known as the cardiac diet, this diet is lower in sodium, fat, and cholesterol than a regular diet. If followed as part of an everyday diet plan, this diet can help lower blood cholesterol levels and blood pressure, decreasing the chance of developing heart disease. On our menu, choose more foods with the heart [❤️] and wheat stalk icons [🌾], and avoid food with the salt shaker icon [🧂].

Diabetic Diet

This diet is designed to control blood sugar levels. It limits the amount of sweets in your diet and is based on carbohydrate counting. Those following a diabetic diet should choose more whole grains, fresh fruits, and vegetables. Next to each food item on the menu is the amount of carbohydrates servings in parenthesis. Our call center representatives will help you stay on target with your carbohydrate allowance for each meal. Remember, one carbohydrate serving is equal to 15 grams of carbohydrate. **Please see your diabetes management card for more vital information.**

Renal Diet

This diet is ordered to help improve health while your kidneys are not functioning properly. The kidneys work to excrete food waste into the urine. When the kidneys are compromised, waste may build up in the body and cause other health problems. A renal diet will help limit foods high in potassium, sodium, phosphorus, and protein that may cause such a build up. You will want to avoid items with the salt shaker [🧂].

Low-Residue Diet

Also known as a fiber restricted diet, a low-residue diet is a temporary diet that is prescribed to allow time for your bowel to rest and heal. This diet limits whole grains, raw fruits and vegetables, nuts, and seeds. Avoid the wheat stalk icon [🌾] on the menu while following this diet.

For your convenience, we have listed heart-healthy and lower carb choices first within each section of the menu. If you have any questions regarding your diet, please call extension 8888.



[❤️] = Heart Healthy

[🌿] = High Fiber

[🧂] = High Salt

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As the day begins...

"Sometimes I've believed as many as six impossible things before breakfast."

- Lewis Carroll, Alice in Wonderland

FRESH JUICES

Sugar-Free Cranberry Juice (0 carbs), Tomato Juice (0.5 carb), Grape Juice (1 carb)
Orange Juice (1 carb), Cranberry Juice (1 carb), Apple Juice (1.5 carbs), Prune Juice (1.5 carbs),

FRESH FRUIT

Fruit Cup [❤️] (1 carb), Orange [❤️] (1.5 carbs), Apple [❤️] (2 carbs), Banana [❤️] (2.5 carbs)

YOGURT

Light Vanilla Yogurt [❤️] (1 carb), Light Lemon Yogurt [❤️] (1 carb),
Peach Yogurt (2 carbs), Strawberry Yogurt (2 carbs)

HOT AND COLD CEREALS

Oatmeal [❤️🌿] (1.5 carbs), Raisin Bran [❤️🌿] (2 carbs), Granola [❤️🌿] (2 carbs),
Cheerios [❤️] (1 carb), Cream of Wheat (1 carb), Corn Flakes (1 carb),
Special K (1 carb), Rice Krispies (1.5 carbs), Grits (1.5 carbs), Frosted Flakes (2 carbs)

MAIN ENTRÉES AND SIDE SELECTIONS

Heart-Healthy Eggs [❤️] (0 carbs), Scrambled Eggs (0 carbs),
Home Fries (1.5 carbs), Buttermilk Pancakes (2.5 carbs), Low-Fat French Toast (3 carbs),
French Toast (3 carbs), Bacon [🧂] (0 carbs), Chicken Sausage Link [🧂] (0 carbs)

Make Your Own Omelet with Choice of:

Tomatoes [❤️] (0 carbs), Mushrooms (0 carbs), Onions (0 carbs), Cheese (0 carbs),
Ham [🧂] (0 carbs), Chicken Sausage [🧂] (0 carbs), Bacon [🧂] (0 carbs)

BREADS AND PASTRIES

Bran Muffin [🌿] (2 carbs), Warm Cinnamon Roll (2 carbs), Corn Muffin (2 carbs),
Blueberry Muffin (2 carbs), Bagel (2 carbs), Biscuit (2 carbs), Cinnamon Raisin Bagel (2.5 carbs)

Menu selections may vary based on dietary restrictions. One carb = one 15-gram carbohydrate serving.



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The Lunch and Dinner Hours...

"Food is not about impressing people. It's about making them feel comfortable."

- Ina Garten, The Barefoot Contessa

FOR STARTERS

Fresh Vegetable Sticks with Dip [❤️🌿] (0.5 carb), Fresh Fruit Cup [❤️🌿] (1 carb),
Mixed Garden Salad (0 carbs), Caesar Salad (1 carb)

HOMEMADE SOUPS

Available with saltines or low-sodium saltines (0.5 carb)

Vegetable Soup [❤️🌿] (0 carbs), Chicken Broth (0 carbs), Vegetable Broth (0 carbs),
Beef Broth (0 carbs), Cream of Tomato (0.5 carb), Old-Fashioned Chicken Noodle (0.5 carb)

DELI SANDWICHES (WHOLE OR HALF)

Available with Regular (1 carb) or Baked Lays™ (2 carbs) potato chips

Turkey Breast [❤️] (1 ounce = 0 carbs), Roast Beef (1 ounce = 0 carbs), Tuna Salad (1/2 cup = 0 carbs),
Egg Salad (1/2 cup = 0 carbs), Chicken Salad (1/2 cup = 0 carbs),
Low-Fat American Cheese (1 ounce = 0 carbs), American Cheese (1 ounce = 0 carbs),
Reduced-Fat Swiss Cheese (1 ounce = 0 carbs),
Peanut Butter and Jelly (1.5 carbs), Ham [🧂] (1 ounce = 0 carbs)

Breads:

Wheat Bread [❤️🌿] (1 slice = 1 carb), Multigrain Roll [❤️🌿] (2 carbs),
White Bread (1 slice = 1 carb), Rye Bread (1 slice = 1 carb), Deli Wrap (3 carbs)

GRILL SELECTIONS

Ordering with a roll increases the carb count by 2.

Grilled Chicken Breast [❤️] (0 carbs), Turkey Burger [❤️] (0 carbs),
Garden Burger [❤️] (1.5 carbs), Hamburger (1 carb), Cheeseburger (1 carb), Grilled Cheese (2 carbs)

PIZZA (4 carbs)

Build your own personal pizza on a regular or whole wheat crust with choice of:

Mushrooms, Onions, Green Peppers, Chicken Sausage [🧂], Pepperoni [🧂]

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HOT ENTRÉES

Grilled Chicken Breast [♥] (0 carbs), Roasted Turkey [♥] (0 carbs), Baked Tilapia [♥] (0.5 carb),
Crispy Baked Chicken [♥] (1.5 carbs), Roast Beef (0.5 carb), Meatloaf (1 carb),
Hot Open-Faced Beef Sandwich (1.5 carbs), Hot Open-Faced Turkey Sandwich (1.5 carbs)

Pasta Bar with Choice of:

Turkey Meatballs [♥] (0 carbs), Vegetable Meatballs [♥] (<1 carb), Whole Wheat Penne [♥] (3.5 carbs),
Oil or Butter (0 carbs), Marinara Sauce (1 carb), Meatballs (1.5 carbs), Penne (2.5 carbs), Tortellini (3 carbs)

ENTRÉE SALADS

Cottage Cheese and Fresh Fruit [♥🌿] (2 carbs), Mandarin Chicken Salad [♥] (3 carbs),
Grilled Chicken Caesar [🌿] (1.5 carbs), Tuna or Chicken Salad on a Bed of Greens (0.5 carb)

BREAD BASKET

Whole Wheat Bread [♥] (1 slice = 1 carb), Whole Wheat Dinner Roll [♥] (1.5 carbs), Dinner Roll (1 carb),
White Bread (1 slice = 1 carb), Breadstick (1.5 carbs), Country Biscuit (2 carbs), Corn Muffin (2 carbs)

VEGETABLES AND SIDES

Steamed Broccoli [♥🌿] (0 carbs), Green Beans [♥] (0 carbs), Steamed Carrots [♥] (0.5 carb),
Applesauce [♥] (1 carb), Rice Pilaf [♥] (2 carbs), Potato Salad (0.5 carb),
Cole Slaw (0.5 carb), Whipped Potatoes (2 carbs), Macaroni and Cheese (2 carbs)

BEVERAGES

Milk:

Soy Milk [♥] (0.5 carb), Non-Fat Milk [♥] (1 carb),
2% Reduced-Fat Milk (1 carb), Whole Milk (1 carb), Chocolate Milk (1.5 carbs)

Juices and Iced Teas:

Sugar-Free Cranberry Juice (0 carbs), Tomato Juice (0.5 carb), Apple Juice (1 carb), Prune Juice (1 carb),
Cranberry Juice (1 carb), Orange Juice (1 carb), Grape Juice (1 carb), Iced Tea (Regular, Decaf) (0 carbs)

Soft Drinks:

Diet Gingerale (0 carbs), Diet Pepsi (0 carbs), Diet Caffeine-Free Pepsi (0 carbs),
Pepsi (2 carbs), Caffeine-Free Pepsi (2 carbs), Lemon Lime Soda (2 carbs), Gingerale (2 carbs)

Hot Drinks:

Regular or Decaf Coffee (0 carbs), Tea (Regular, Decaf, Herbal) (0 carbs),
Sugar-Free Hot Chocolate (0 carbs), Hot Chocolate (1 carb)

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The final touch...

"Stressed spelled backwards is desserts. Coincidence? I think not!"
- Author Unknown

FOR THE SWEET TOOTH

Fruit:

Fresh Fruit Cup [♥] (1 carb), Chilled Pears (1.5 carbs), Chilled Peaches (1.5 carbs)

Pudding:

Sugar-Free Vanilla Pudding (1 carb), Vanilla Pudding (1.5 carbs),
Chocolate Pudding (1.5 carbs), Rice Pudding (1.5 carbs)

Baked Goods (All cookies are Otis Spunkmeyer, baked fresh daily.):

Fudge Brownie (2 carbs), Chocolate Chip Cookies (3 carbs),
Oatmeal Raisin Cookies (3 carbs), Peach Crisp (4 carbs), Carrot Cake (5 carbs)

Additional Treats:

Diet Gelatin (0 carbs), Gelatin (1 carb), Diet Vanilla Ice Cream (1 carb),
Ice Cream (Vanilla, Chocolate, Strawberry) (1.5 carbs),
Sherbet (1.5 carbs), Water Ice (Cherry or Lemon) (1.5 carbs)