

Making Healthy Food Choices

We serve wholesome, fresh foods which are essential for good health and recovery following surgery or illness. We prepare each meal using cooking methods designed to preserve nutrients and enhance the natural flavors of the food.

Summa’s room service menu selections are designed to offer a variety of healthy choices, including options for patients or visitors with food allergies, certain medical conditions or religious or cultural food preferences. If you have any questions about nutrition, ingredients, preparation methods, your diet, weight loss or healthy eating, call the room service number to request a consultation with a Summa Rehab Dietitian.

This menu highlights “whole foods” (fresh vegetables and fruits, unprocessed meats). Food products are reviewed by dietitians for nutritional value before being included in recipes.

For optimal health, we recommend the following selections: dark green, red and orange vegetables; fresh fruit; fish, poultry and lean meats; and whole grains. To promote digestive health, choose foods high in fiber (fresh fruits and vegetables, and steel-cut oatmeal). Avoid fatty and processed meats and sugary sweets.

Watching your weight? Consider ordering half portions of sandwiches, fresh carrot and celery sticks, dark mixed greens, fresh vegetables and fruit.

Daily Calories with Grams of Carbohydrates Per Meal

Calories	1500	1800	2000
Breakfast	45gms	60gms	75gms
Lunch	45gms	60gms	75gms
Dinner	45gms	60gms	75gms

Guest Trays

Guests trays may be purchased with a credit card from the room service menu by dialing **56699**.

Vitamins	Sources	Functions
A	Liver, sweet potatoes, carrots, leafy green vegetables, milk, eggs, fortified cereals.	Promotes normal growth and development. Required for healthy skin, hair and eyes. Protects from infections by keeping the immune system healthy.
B-1 (Thiamin)	Fortified breads and cereals, dried beans, nuts, seeds, lean meats, whole grains.	Helps the body use carbohydrates for energy. Required for proper functioning of the heart, nervous system and muscles.
B-2 (Riboflavin)	Meat, poultry, eggs, legumes, dairy, nuts, asparagus, breads, fortified cereals.	Involved in converting food into energy. Aids in the making of red blood cells. Participates in the metabolism of many drugs.
B-3 (Niacin)	Poultry, fish, meat, whole grains, fortified cereals, peanuts and peanut butter, mushrooms.	Helps the body use food to make energy. Used to make cholesterol. Aids in brain function and keeps nervous system healthy.
B-6	Meat, fish poultry, soybeans, potatoes, bananas, beans, seeds, nuts, fortified cereals, fortified soy-based meat substitutes.	Needed for the nervous system to function properly. Aids in production of red blood cells. Helps the body break down proteins and stored sugar.
B-12	Beef, clams, mussels, crab, salmon, poultry, soybeans, fortified foods, dairy.	Keeps nerves working properly. Helps make red blood cells.
C (Ascorbic acid)	Citrus fruits, red berries, tomatoes, potatoes, broccoli, cauliflower, Brussels sprouts, red and green bell peppers, cabbage, spinach.	Promotes healing and aides in iron absorption. Promotes a healthy immune system. Keeps bones, teeth, gums and blood vessels healthy. May help prevent cell damage, which reduces risks for cancer and heart disease.
D	Fortified milk, cheese, yogurt, and cereals. Egg yolks, salmon, and sunlight.	Strengthens bones and teeth by helping the body absorb calcium and phosphorus.
E	Leafy green vegetables, avocados, almonds, hazelnuts, sunflower seeds, peanut butter, vegetable oils (sunflower, canola, and soybean).	Acts as an antioxidant and helps protect cells from damage. Helps keep red blood cells healthy.
Folate (Folic acid)	Fortified cereals and grains, dark green leafy vegetables, lentils, garbanzo beans, sunflower seeds, flaxseed.	Helps the body make red blood cells and DNA. Reduces the risk for birth defects, such as spina bifida.
K	Leafy green vegetables, such as parsley, chard, kale, collards, and spinach; olive, canola and soybean oils; broccoli.	Promotes blood clotting to stop bleeding. Helps maintain bone health.

Minerals	Sources	Functions
Calcium	Dairy, fortified soy milk and tofu, broccoli, dark green leafy vegetables, fortified orange juice.	Necessary for blood pressure regulation and helps with muscle function. Helps build strong bones and teeth. Slows down bone loss during aging.
Iron	Leafy green vegetables, beans, shellfish, red meat , eggs, poultry, raisins, soy foods, and some fortified foods.	Helps red blood cells carry oxygen throughout the body.
Magnesium	Whole grains, leafy green vegetables, nuts, rolled oats, peanut butter seeds, dried beans, potatoes, avocados.	Steadies heart rhythm, helps muscles and nerves function properly, helps form bones and teeth, needed in creating energy.
Manganese	Pecans, almonds, legumes, green and black tea, whole grains, pineapple juice.	Aids in bone formation and wound healing. Involved in metabolism of proteins, cholesterol and carbohydrates. Acts as an antioxidant.
Molybdenum	Meat, fish, dairy, nuts, seeds, eggs, whole wheat breads.	Important for forming healthy bones and teeth. Helps red blood cells deliver oxygen. Needed for muscle and nerve function.
Phosphorus	Red meat, fortified cereals, oysters, dairy, poultry, nuts, dried beans, whole grains.	Important for wound healing. Needed for growth and development. Helps promote a healthy immune system.
Potassium	Broccoli, potatoes (with skins) sweet potato, bananas, dark leafy greens, avocados, prune juice, orange juice, raisins, tomatoes.	Helps control blood pressure and fluid balance. Required for heart, muscle and nervous system functions.
Zinc	Red meat, fortified cereals, oysters, almonds, peanuts, chickpeas, soy foods and dairy products.	Vital to many internal processes and supports immune function, reproduction and the nervous system.



Summa Rehab Hospital

A partnership with  
Vibra Healthcare

Room Service Menu



Place Orders  
Between  
6:00 a.m.  
and 6:30 p.m.

On Summa  
Rehab Campus,  
dial: **56699**

To place orders  
from outside the  
hospital please call:  
**330-375-6699**

# Breakfast

## Breakfast Entrées

- scrambled eggs** (1)
- western scrambler** (1)  
with eggs, cheese, peppers, onions
- homemade french toast** (20)
- homemade pancake** (13)
- breakfast sandwich** (27)  
english muffin, scrambled eggs, o bacon, american or provolone cheese

- NEW** **hard boiled egg** (1)
- NEW** **golden egg whites** (0)
- NEW** **breakfast stack** (12)  
eggs or egg whites, turkey sausage, roasted potatoes and cheddar cheese
- NEW** **tex mex breakfast burrito** (23)

## Side Orders

- o **crispy bacon strip** (0)
- o **pork sausage link** (0)
- NEW** **turkey sausage patty** (0)
- roasted breakfast potatoes** (22)

# Beverages

- coffee**: regular or decaf (0)
- NEW** **hot tea**: regular, decaf, mint, green, or herbal (0)
- unsweetened iced tea** (0)
- orange juice** (15)
- apple juice** (15)
- grape juice** (17)
- cranberry juice** (20)

## Cereals

- grits** (19)
- steel cut oatmeal** (22)
- cream of wheat** (16)
- cornflakes** (18)
- rice krispies** (16)
- cheerios** (14)
- frosted flakes** (25)

## Breads & Bakery

- cracked wheat bread** (16)
- rye bread** (12)
- dinner roll** (16)
- banana bread** (29)
- blueberry muffin** (26)
- plain bagel** (39)
- cinnamon raisin bagel** (35)
- english muffin** (25)

\* We do not serve toast because it gets soggy from the dome and heated plate.

- prune juice** (22)
- lite lemonade** (0)
- skim or o 2% milk** (12)
- o **chocolate milk** (20)
- hot chocolate** (16)
- no sugar added hot chocolate** (5)
- cola** (27)
- diet cola** (0)
- lemon-lime soda** (26)
- diet lemon-lime soda** (0)
- gingerale** (22)

# Lunch/Dinner

## Entrées

- o **breaded chicken tenders** (18)
- o **roast turkey** with stuffing and gravy (16)
- homestyle meatloaf** with gravy (7)
- pot roast** with vegetable gravy (5)
- seasoned broiled white fish** (0)
- o **homestyle macaroni & cheese** (24)
- personal pan thin crust pizza** with homemade marinara sauce: cheese (39), o pepperoni (41), or vegetable (43)
- NEW** **southwest bowl**, vegetable (36) or chicken (30)
- NEW** **signature turkey meatballs** with marinara (6)
- NEW** **grilled chicken parmesan** (5)

## Side Orders

- carrots** (5)
- niblets of corn** (15)
- NEW** **baked potato** (16)
- broccoli florets** (5)
- o **steak fries** (25)
- roasted red potatoes** (22)
- whipped potatoes** (19)
- steamed white rice** (19)
- brown rice** (18)
- NEW** **mashed sweet potato** (23)
- grilled vegetables** (7)
- From the Grill**
- grilled chicken breast** (0)
- hamburger/cheeseburger** (24)
- grilled chicken sandwich** (24)
- grilled cheese sandwich** (28)
- black bean burger** (42)
- Extras**
- o **saltine crackers** (5)
- o **potato chips** (15)
- o **pretzels** (23)
- Soups**
- cream of tomato** (15)
- vegetable** (11)
- chicken noodle** (14)
- soup of the day**
- On the Side**
- mixed green salad** (3)
- caesar side salad** (5)
- cottage cheese** (4)
- coleslaw** (23)
- fresh baby carrots** (5)
- fresh celery sticks** (5)
- NEW** **protein snack box** (pick 4)
  - pita bread (17)
  - hummus (9)
  - hard boiled egg (1)
  - grapes (13)
  - tomatoes (0)
  - celery (0)
  - carrots (5)
  - peanut butter (11)

## Signature Sandwiches

- turkey BLT**  
with bacon, lettuce and tomato on cracked wheat bread o (34) half (17)
- classic egg salad**  
with bacon, lettuce and tomato on soft marble rye o (57) half (29)
- tuna salad**  
with lettuce and tomato on cracked wheat bread o (37) half (19)
- roasted chicken salad**  
with lettuce and tomato in a whole wheat wrap o (40) half (20)
- chicken and cheddar**  
with lettuce tomato and basil mayonnaise on a brioche bun o (36) half (18)

## Signature Salads

- grilled chicken caesar salad**  
tender breast sliced, delicately seasoned on crisp greens with parmesan cheese and croutons (14)
- NEW** **southwest chicken salad**  
tender breast sliced, on crisp greens with cherry tomatoes, black bean and corn salsa with our signature cilantro lime vinaigrette dressing (16)
- Dressings:**
  - o ranch (2)
  - fat-free ranch (4)
  - vinaigrette (9)
  - o Italian (2)
  - light Italian (1)
  - o caesar (3)
  - oil and vinegar (0)

# Desserts/Fruit

- apple crisp** (28)
- gelatin** (25)
- sugar-free gelatin** (3)
- lemon Italian fruit ice** (20)
- orange sherbet** (26)
- o vanilla (14) or chocolate (17) **ice cream**
- o **carrot cake** (39)
- o **chocolate chip cookie** (17)
- oatmeal raisin cookie** (18)
- o **fudge iced brownie** (35)
- vanilla (25) or chocolate (24) **pudding**
- NEW** vanilla (11) or chocolate (14) **sugar free pudding**
- yogurt** (14)
- NEW** **berry greek yogurt cup** (27)
- applesauce** (17)
- NEW** **fresh fruit** – seasonal (15)
- fresh fruit cup** (13)
- fresh banana** (27)
- grilled pineapple** (18)
- peaches** (16) or **pears** (14) in 100% juice

( ) = Grams of carbohydrate are noted on the menu next to the food item in parentheses.

o = This item is higher in fat and/or sodium.



Guest trays and Kosher are available upon request.  
Condiments available upon request.