



# GROUND DIET DINING MENU

## Old Court Café Daily

6:45 a.m. - 12:00 a.m.

## Breakfast

6:45 a.m. - 10:30 a.m.

## Lunch

11:15 a.m. - 2:15 p.m.

## Dinner

4:30 p.m. - 8:00 p.m.

## Light Fare

8:00 p.m. - 12:00 a.m.



## Northwest Hospital Dining

is proud to serve antibiotic-free poultry, cage-free eggs, free-to-roam pork, and line-caught Albacore tuna.



## BREAKFAST & BEVERAGE

## BEVERAGES

### JUICES

Orange (15 g carbs)  
Apple (14 g carbs)  
Cranberry (17 g carbs)  
Prune (23 g carbs)  
Lemonade (28 g carbs)

### SODA

Cola (23 g carbs)  
Diet Cola  
Lemon Lime (23 g carbs)  
Ginger Ale (23 g carbs)  
Diet Ginger Ale

### TEA

Regular or Decaf  
Green Tea  
Herbal Tea  
Unsweetened Iced Tea

### HOT CHOCOLATE

Regular (16 g carbs)  
No Sugar Added  
(10 g carbs)

### COFFEE

Regular or Decaf

### MILK

Fat Free (12 g carbs)  
2% (12 g carbs)  
Whole (12 g carbs)  
2% Chocolate (20 g carbs)  
Lactaid® (13 g carbs)  
Soy (17 g carbs)

## STARTERS

Petite Banana (23 g carbs)  
Applesauce (15 g carbs)  
Sliced Peaches (11 g carbs)  
Sliced Pears (13 g carbs)  
Regular Yogurt (29 g carbs)  
Lite Yogurt (13 g carbs)

## CEREAL

Cream of Rice (18 g carbs)  
Oatmeal (14 g carbs)  
Cream of Wheat (14 g carbs)  
Grits (29 g carbs)

## BREAKFAST ENTRÉES

*(Please Choose One)*

Scrambled Eggs  
Egg Whites  
Egg Substitute  
Puree Pancakes (26 g carbs)  
Puree French Toast (13 g carbs)  
Puree Gluten-Free Waffle (14 g carbs)

## BREAKFAST SIDES

Ground Sausage  
Ground Turkey Sausage

## ENTRÉE SALADS

Cottage Cheese & Soft Fruit Plate (22 g carbs)  
Tuna Salad (28 g carbs)  
Egg Salad (28 g carbs)  
Chicken Salad (28 g carbs)

## ENTRÉES

*(Please Choose One)*

Open-Faced Ground Roast Beef (15 g carbs)  
Open-Faced Ground Roast Turkey (4 g carbs)  
Ground Roast Beef with Gravy (4 g carbs)  
Country Meatloaf (12 g carbs)  
Ground Oven Roasted Salmon  
Grilled Ground Chicken Breast with Gravy  
Ground Pork Loin Topped with Gravy

## SOUPS

Cream of Mushroom Soup (10 g carbs)  
Cream of Chicken Soup (10 g carbs)  
Home-Style Chicken Noodle Soup (11 g carbs)  
Beef, Chicken and Vegetable Broth

## SIDE SALADS

Cottage Cheese



## LUNCH & DINNER

## STARCH SIDES

Homemade Macaroni & Cheese (15 g carbs)  
Homemade Mashed Potatoes (22 g carbs)  
Whipped Sweet Potatoes (16 g carbs)

## VEGETABLE SIDES

Diced Carrots  
Chopped Broccoli  
Diced Green Beans





# FRUIT & DESSERTS

## FRUIT SELECTION

Diced Pears (13 g carbs)    Diced Peaches (11 g carbs)  
Applesauce (15 g carbs)    Petite Banana (23 g carbs)

## GELATIN

Flavored Gelatin (17 g carbs)  
Sugar-Free Gelatin

## PUDDING

Vanilla (25 g carbs) or Chocolate Pudding (25 g carbs)  
Low-Fat/No Sugar Added Vanilla Pudding (14 g carbs)  
Low-Fat/No Sugar Added Chocolate Pudding  
(17 g carbs)

## FROZEN TREATS

Ice Cream - Vanilla, Chocolate, or Strawberry  
(14 g carbs)  
Low-Fat/No Sugar Added Ice Cream - Vanilla  
(15 g carbs) or Chocolate (16 g carbs)  
No-Fat Frozen Yogurt - Vanilla (16 g carbs) or  
Chocolate (23 g carbs)  
Lemon Ice (22 g carbs)  
Orange Sherbet (23 g carbs)



## HOW TO PLACE YOUR ORDER

We are pleased to offer our restaurant-inspired meal selections. **Room Service hours are 7:00 a.m. to 6:30 p.m.** and food may be ordered at any time between these hours. When you are ready to place your order, or if you have any questions regarding meal service, please call extension **2-FOOD (2-3663) and select option 1** at any time during the greeting. Your meal will be delivered within 45 minutes. Family members may also order for patients from outside the hospital by calling (410) 601-5725.

## PLEASE REMEMBER:

Certain tests require a period of fasting prior to the test. If this pertains to you, please plan your meals accordingly.

Our suggested menu is a soup or salad, a main entrée, at least one side, a fruit choice or a dessert choice, and add a beverage.

## SPECIAL/RESTRICTED DIETS

Not all menu selections are appropriate for all diets. If your doctor has placed you on a special/restricted diet, we will assist you with meal selections consistent with the orders of your physician.

The Department of Food and Nutrition is here to provide you with outstanding guest service. Please let your host/hostess or anyone in the call center know how we can help exceed all of your dining service needs.

## MENU INFORMATION

Foods containing carbohydrates (cereals, pastas, breads, milk, fruit, and dessert) have assigned values, which are listed in parenthesis on the menu as (g carbs).

- 15 g = 1 Carb exchange

## ARE YOUR VISITORS HUNGRY?

The Old Court Café, located next to the main lobby, offers a wide variety of menu selections for all visitors. Please refer to the front cover for operating hours.

Guest trays are available for breakfast, lunch, and dinner. Please ask your call center attendant for information regarding this program.