



# RENAL 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

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

Fresh Apple (15 g carbs)  
Fresh Pear (21 g carbs)  
Applesauce (15 g carbs)  
Sliced Peaches (11 g carbs)  
Sliced Pears (13 g carbs)

## CEREAL

Cheerios® (14 g carbs)  
Total Whole Grain® (20 g carbs)  
Rice Krispies® (16 g carbs)  
Cream of Rice (18 g carbs)  
Oatmeal (14 g carbs)  
Grits (29 g carbs)  
Cream of Wheat (14 g carbs)  
Gluten-Free Rice Chex® (16 g carbs)

## BREAKFAST ENTRÉES

*(Please Choose One)*

Scrambled Eggs  
Egg Whites  
Egg Substitute  
Hard Boiled Egg  
Pancakes (26 g carbs)  
French Toast (13 g carbs)

## CREATE YOUR OWN OMELET (OR BREAKFAST SANDWICH)

Green Peppers      Onions

## BAKERY ITEMS

English Muffin (30 g carbs)

### Breads:

White Bread or Toast (14 g carbs)  
Rye Bread or Toast (16 g carbs)

### Bagels:

Plain Bagel (33 g carbs)

### Muffins:

Low-Fat Blueberry Muffin (33 g carbs)

## CREATE YOUR OWN SANDWICH

*Please request lettuce, tomato, or onions if desired*

Oven Roasted Turkey (28 g carbs)  
Roast Beef (28 g carbs)  
Tuna Salad (28 g carbs)  
Egg Salad (28 g carbs)  
Chicken Salad (28 g carbs)

### On Your Choice of the Following Breads:

White Bread (14 g carbs)  
Rye Bread (16 g carbs)  
Kaiser Roll (30 g carbs)  
Tortilla Wraps (33 g carbs)

## GRILL

Hamburger (23 g carbs)  
Turkey Burger (23 g carbs)  
Grilled Chicken Breast Sandwich (23 g carbs)

## ENTRÉE SALADS

Low-Salt Taco Salad (38 g carbs)  
Grilled Chicken Salad (7 g carbs)  
Chef Salad without Cheese (14 g carbs)

## ENTRÉES

*(Please Choose One)*

Open-Faced Roast Beef (15 g carbs)  
Open-Faced Roast Turkey (15 g carbs)  
Country Meatloaf (12 g carbs)  
Oven Roasted Salmon  
Grilled Chicken Breast Plain or Topped with Marsala Sauce  
Roasted Boneless Center Cut Pork Loin Topped with Marsala Sauce

## SOUPS

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



## LUNCH & DINNER

## STARCH SIDES

White Rice (12 g carbs)  
Pasta (36 g carbs)

## VEGETABLE SIDES

Carrots  
Corn (11 g carbs)  
Green Beans  
Peas (12 g carbs)

## SIDE SALADS

Tossed Salad      Cole Slaw

### Salad Dressings

Italian/Lite Italian (<5 g carb)  
Ranch/Lite Ranch (<5 g carb)  
Balsamic Vinaigrette



## FRUIT & DESSERTS

### FRUIT SELECTION

Fresh Apple (15 g carbs)

Fresh Pear (21 g carbs)

Sliced Pears (13 g carbs)

Sliced Peaches (11 g carbs)

Applesauce (15 g carbs)

### GELATIN

Flavored Gelatin (17 g carbs)

Sugar-Free Gelatin

### COOKIE

Sugar (17 g carbs)

### FROZEN TREATS

Lemon Ice (22 g carbs)

Orange Sherbet (23 g carbs)

### CAKE

Angel Food Cake (14 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.