KOSHER MENU
BREAKFAST FAVORITES

(Please Choose One)
- Scrambled Eggs
- Egg Substitute
- Hard Boiled Egg
- Home Fries (25 g carbs)
- Buttermilk Pancakes with Syrup (35 g carbs)
- French Toast with Syrup
- Your choice of one or two slices of Whole Wheat (14 g carbs) or White Bread (13 g carbs)

BREAKFAST SIDES
- Lite Strawberry Yogurt (9 g carbs)
- Lite Vanilla Yogurt (9 g carbs)
- Low-Fat Cottage Cheese*

FRUITS
- Fresh Fruit Cup (9 g carbs)
- Fresh Banana (24 g carbs)
- Fresh Apple (17 g carbs)
- Fresh Orange (12 g carbs)

HOT AND COLD CEREALS
- Cheerios® (14 g carbs)
- Raisin Bran (28 g carbs)
- Rice Krispies® (16 g carbs)
- Rice Chex® (16 g carbs)
- Total® (18 g carbs)
- Corn Flakes (18 g carbs)
- Oatmeal (25 g carbs)
- Cream of Wheat (22 g carbs)

Top your cereal with brown sugar or raisins (22 g carbs)

BREADS & BAKERY
- English Muffin (26 g carbs)
- White Bread or Toast (11 g carbs)
- Whole Wheat Bread of Toast (12 g carbs)
- Plain Bagel (3 g carbs)
- Danish (45 g carbs)

Breakfast Dairy

* This item contains less than 5 grams of carbohydrates (carbs)
SOUPS/BROTH
Vegetable Broth
Tomato Soup
Garden Vegetable Soup

HOME STYLE MAIN FARE
(Please Choose One)
Baked Tilapia Garden-Style (11 g carbs)
Vegetable Lasagna (30 g carbs)
Classic Macaroni and Cheese (52 g carbs)
Pasta with Marinara Sauce (39 g carbs)
Seasonal Fruit & Cottage Cheese Plate (35 g carbs)
Salad Plate with Bagel, Lox and Cream Cheese
Grilled Salmon

SALADS
Fresh Carrot and Celery Sticks with Ranch Dressing (8 g carbs)
Tossed Garden Salad with your choice of Dressing

Dressings
Italian Dressing - Regular and Diet
Ranch Dressing - Regular and Diet

SIGNATURE SANDWICHES
All Sandwiches are served on your choice of White or Whole Wheat Bread
Condiments available: Lettuce, Tomato, Ketchup, Mustard and Light Mayonnaise
American Cheese Sandwich - White (25 g carbs) or Whole Wheat (27 g carbs)
Tuna Salad - White (23 g carbs) or Whole Wheat (25 g carbs)
Egg Salad - White (23 g carbs) or Whole Wheat (25 g carbs)
Peanut Butter & Jelly (44 g carbs)

SIDEs
Steamed Carrots (6 g carbs)
Steamed Broccoli
Steamed Green Beans
Steamed Fresh Zucchini
Steamed Corn (17 g carbs)
Sweet & Spicy Coleslaw (5 g carbs)
Mashed Potatoes (26 g carbs)
Buttered Pasta (20 g carbs)
White Rice (26 g carbs)
Macaroni and Cheese (26 g carbs)
Vegetable Gravy

HOT OFF THE GRILL
Gardenburger - White (47 g carbs) or Whole Wheat (49 g carbs)
Grilled Cheese Sandwich - White (25 g carbs) or Whole Wheat (27 g carbs)
**HOME STYLE MAIN FARE**

*(Please Choose One)*

- Baked Tilapia Garden-Style *(11 g carbs)*
- Roast Turkey Breast or Hot Open-Face Sandwich with Poultry Gravy
- Your choice of White *(17 g carbs)* or Whole Wheat Bread *(18 g carbs)*
- Beef Pot Roast with Beef Gravy *(6 g carbs)*
- Rosemary Chicken Breast *(17 g carbs)*
- Homemade Meatloaf with Beef Gravy *(14 g carbs)*
- Pasta with Meat Sauce *(39 g carbs)*
- Hot Open-Face Roast Beef Sandwich with Beef Gravy
- Your choice of White *(17 g carbs)* or Whole Wheat Bread *(18 g carbs)*

**SALADS**

- Fresh Carrot and Celery Sticks with Ranch Dressing *(8 g carbs)*
- Tossed Garden Salad with your choice of Dressing
- Grilled Chicken and Vegetable Salad

**Dressings**

- Italian Dressing - Regular and Diet
- Ranch Dressing - Regular and Diet

**SIGNATURE SANDWICHES**

All Sandwiches are served on your choice of White or Whole Wheat Bread

Condiments available: Lettuce, Tomato, Ketchup, Mustard and Light Mayonnaise

- Roast Turkey Sandwich - White *(22 g carbs)* or Whole Wheat *(24 g carbs)*
- Roast Beef Sandwich - White *(22 g carbs)* or Whole Wheat *(24 g carbs)*
- Tuna or Egg Salad Sandwich or Plate - White *(23 g carbs)* or Whole Wheat *(25 g carbs)*
- Egg Salad - White *(23 g carbs)* or Whole Wheat *(25 g carbs)*
- Peanut Butter & Jelly *(44 g carbs)*

**HOT OFF THE GRILL**

- Hamburger - White *(26 g carbs)* or Whole Wheat *(28 g carbs)*
- Beef Hot Dog
- Grilled Chicken Sandwich - White *(25 g carbs)* or Whole Wheat *(28 g carbs)*

**SOUPS/BROTH**

- Vegetable, Beef, and Chicken Broth
- Mazo Ball Soup *(13 g carbs)*
- Chicken Noodle Soup *(12 g carbs)*
- Tomato Soup *(12 g carbs)*
- Garden Vegetable Soup *(8 g carbs)*

**SIDES**

- Steamed Carrots *(6 g carbs)*
- Steamed Broccoli
- Steamed Green Beans
- Steamed Corn *(17 g carbs)*
- Sweet & Spicy Coleslaw *(5 g carbs)*
- Mashed Potatoes *(26 g carbs)*
- Buttered Pasta *(20 g carbs)*
- White Rice *(26 g carbs)*
- Poultry Gravy
- Beef Gravy

**FRUIT SELECTION**

- Fresh Fruit Cup *(10 g carbs)*
- Sliced Pears *(13 g carbs)*
- Fresh Orange *(11 g carbs)*
- Sliced Peaches *(11 g carbs)*
- Fresh Pear *(21 g carbs)*
- Applesauce *(15 g carbs)*
- Fresh Apple *(15 g carbs)*
- Petite Banana *(23 g carbs)*
BREAD BASKET
English Muffin (26 g carbs)
Plain Bagel (33 g carbs)
Flour Tortilla (14 g carbs)
Dinner Roll (20 g carbs)
Whole Wheat Bread (12 g carbs)
White Bread (11 g carbs)
Saltines

DESSERTS
Applesauce (P) (14 g carbs)
Fresh Fruit Cup (P) (9 g carbs)
Chilled Peaches (P) (11 g carbs)
Chilled Pears (P) (13 g carbs)
Fresh Banana (P) (24 g carbs)
Fresh Apple (P) (17 g carbs)
Fresh Orange (P) (12 g carbs)
Chocolate Chip Cookie (P) (17 g carbs)
Danish (P) (45 g carbs)
Slice of Cake (P) (45 g carbs)
Chocolate Pudding (D) (24 g carbs)
Vanilla Pudding (D) (25 g carbs)
Vanilla Ice Cream (D) (16 g carbs)
Chocolate Ice Cream (D) (16 g carbs)
Fruit Ice (D)
Gelatin Regular (17 g carbs) & Sugar-Free* (D)

CONDIMENTS
Margarine (P)
Butter (D)
Cream Cheese (D)
Light Cream Cheese (D)
Jelly
Honey
Peanut Butter (P) (5 g carbs)
Sugar
Sugar Substitute
Non-dairy Creamer
Mustard
Ketchup
Lite Mayonnaise
Mayonnaise
Sour Cream (D)
Tartar Sauce
Herb Seasoning
Italian Dressing Regular & Diet
Ranch Dressing Regular & Diet
Lemon

BEVERAGES
Apple Juice (14 g carbs)
Cranberry Juice (14 g carbs)
Orange Juice (14 g carbs)
Skim Milk (D) (12 g carbs)
2% Milk (D) (12 g carbs)
Whole Milk (D) (12 g carbs)
1% Chocolate Milk (D) (12 g carbs)
Hot Regular Coffee*
Hot Decaf Coffee*
Hot Tea*
Hot Decaf Tea*
Hot Chocolate (D)
Regular: (16 g carbs) and Sugar-Free (10 g carbs)
Unsweetened Iced Tea*
Unsweetened Iced Decaf Tea*

Avoid food with the * This item contains less than 5 grams of carbohydrates (carbs)
INFORMATION ABOUT YOUR DIET

KOSHER REGULAR DIET
This diet has no restrictions and provides adequate calories, protein and nutrients to meet most patients’ nutritional requirements. The patient may order from any of our menu options. It is always recommended to make healthy meal choices.

SOME ITEMS MAY NOT BE PART OF THE DIET YOUR DOCTOR HAS PRESCRIBED. ALLOW US TO HELP YOU TO MAKE YOUR SELECTIONS.

P = Parve  D = Dairy  M = Meat

Avoid food with the 🥗

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
• *This item contains less than 5 grams of CHO

ROOM SERVICE HOURS:
7:00 am to 6:30 pm

We are pleased to offer our restaurant-inspired meal selections. 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 2 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.
Sinai Hospital Dining is proud to serve antibiotic-free poultry, cage-free eggs, free-to-roam pork, and line-caught Albacore tuna.

The MarketPlace at Sinai
Monday - Friday
6:30 a.m. - 12:00 a.m.
Saturday
8:00 a.m. - 12:00 a.m.
Sunday
9:00 a.m. - 12:00 a.m.

Café Shalom
Monday - Thursday
11:00 a.m. - 7:00 p.m.
Friday
11:00 a.m. - 2:00 p.m.
Saturday & Sunday
Closed

Greenspring Café
Daily
6:30 a.m. - 8:00 p.m.