For Your Dining Pleasure

Room Service Menu

To place an order dial extension 2-FOOD (2-3663) on your phone

For your dining pleasure, room service is available from 7 a.m. to 6:30 p.m.

*Our Chefs prepared your meal with care – just for you!*  
You can expect your meal to be delivered in approximately 45 minutes. For your convenience, you may also pre-order your meals for the day to be delivered at a specified time.

Family members can place your order from home by calling 410-601-5725.

Guest Meals are available for a nominal cost if your family members wish to dine with you at the bedside. Please check with your Host/Hostess for details.

For more information on how to make healthy food choices, please ask your health care provider to contact one of our Registered Dietitians to set up a nutrition consult.

**Information About Your Diet**

Our Room Service Menu provides adequate calories, protein and nutrients to meet your nutritional requirements. The grams of carbohydrates (gms) per serving have been calculated for you to assist those patients who need help in controlling blood sugar, maintaining or trying to achieve a desirable weight.
Good Morning, Rise and Shine!

Breakfast is available all day.
(gms) = Grams of Carbohydrates per serving
oz= ounce

Amazing Omelets

All omelets are made with two eggs.

Cheese Omelet (0 gms)
A cheesy choice! Two eggs folded over melted cheddar cheese.

Ham & Cheese Omelet (0 gms)
Serving Size 4 ounce
Two eggs and ham cubes with melted cheddar cheese.

Your Favorite Breakfast

The Scrambler (0 gms)
Two light and fluffy eggs, perfectly scrambled.

Cakes & Cakes (30 gms)
Two buttermilk pancakes. Add delicious sweet syrup for an additional 30 gms. Diet syrup an additional 3 gms per packet.

Breakfast Sandwich (27 gms)
Light and fluffy scrambled eggs served with cheese on an English muffin with your choice of bacon, turkey sausage link or pork sausage patty.

French Toast (23 gms) per slice
Tasty cinnamon slices of Texas Toast. Add delicious sweet syrup for an additional 30 gms. Diet syrup an additional 3 gms per packet.
**Dry Cereals (Individual pack)**
- Corn Flakes (18 gms)
- Frosted Flakes (25 gms)
- Raisin Bran (27 gms)
- Rice Krispies (16 gms)
- Cheerios (14 gms)
- Fruit Loops (18 gms)
- Granola (52 gms)

**Hot Cereals**
**60 oz servings**
- Grits (23 gms)
- Oatmeal (20 gms)
- Cream of Wheat (20 gms)

**Bakery**
- White Toast (15 gms)
- Wheat Toast (15 gms)
- Blueberry Muffin (26 gms)
- Plain Bagel (38 gms)
- Cinnamon Raisin Bagel (39 gms)
- Country Biscuit (30 gms)

**Fruits**
**Serving Size 4 oz**
- Fresh Fruit Cup (12 gms)
- Fresh Apple (20 gms)
- Sliced Peaches (15 gms)
- Sliced Pears (13 gms)
- Applesauce (15 gms)
- Fresh Orange (15 gms)
- Fresh Banana (30 gms)

**Fruit Juice**
**4 oz serving**
- Apple (15 gms)
- Orange (15 gms)
- Grape (23 gms)
- Cranberry (23 gms)

**Serving Size 8 oz**
- Light Lemon Yogurt (15 gms)
- Light Vanilla Yogurt (15 gms)
- Light Peach Yogurt (15 gms)
- Light Strawberry Yogurt (15 gms)
- Organic Yogurt (22-24 gms)

**A la Carte**
- Hard Cooked Egg (0 gms)
- Home Fries (15 gms)
- Scrambled Egg (0 gms)
- Sausage Patty (0 gms)
- Pork Sausage Link (0 gms)
- Bacon Strip (0 gms)

**Condiments**
- Salt (0 gms)
- Pepper (0 gms)
- Butter (0 gms)
- Margarine (0 gms)
- Cream Cheese (0 gms)
- Light Cream Cheese (0 gms)
- Honey (15 gms/pack)
- Jelly (13 gms/pack)
- Diet Jelly (1 gm/pack)
- Ketchup (1 gm/pack)
- Syrup (30 gms/pack)
- Diet Syrup (3 gms/pack)
Appetizing Appetizers

Oodly Noodly Soup (75 gms)
Serving size 6 oz
Delicious chicken soup with noodles.

Broth Bowl (0 gms)
Serving size 6 oz
Your choice of chicken, beef, or vegetable broth.

Tomato Soup (23 gms)
Serving size 6 oz
Creamy tomato soup—an all-time favorite!

Veggie Snack Plate (5 gms)
Fresh veggies with ranch dressing.

Veggie Soup (14 gms)
Serving size 6 oz
Veggies in a hearty broth.

Garden Salad (5 gms)
Fresh garden greens, sliced cucumbers, and tomatoes. Pick your favorite dressing: Italian, Ranch, French, or 1000 Island dressing.

Chef’s Choice Soup
(grams may vary) Serving size 6 oz
Our chef gets to pick a favorite soup recipe each day. Ask your Host/Hostess for today’s selection and how many grams of carbs are in the soup.

Swingin’ Sandwiches & Salads

Lettuce and tomato for sandwiches available—just ask!

Ham Sammy (30 gms)
Thinly sliced ham (3 oz) on wheat bread.

Turkey Sammy (30 gms)
Roasted turkey breast (3 oz) on wheat bread.

Tuna Salad Sandwich (30 gms)
Just like at home! Homemade tuna salad (3 oz) on white bread.

Lotsa Beef (30 gms)
Cold roast beef slices (3 oz) on wheat bread.

PB&J (56 gms)
The All-American favorite! Peanut butter and jelly on wheat bread. Can also be made with diet jelly (30 gms).

Fruit, Yogurt & Granola Plate (75 gms)
Fresh fruit with creamy yogurt (1/2 cup) and crunchy granola (1 oz)-delicious!

Chicken Caesar Salad (8 gms)
Strips of grilled chicken breast (3 oz) served on crisp garden fresh Romaine lettuce with croutons and Parmesan cheese and carrots.

Egg Salad Sandwich (30 gms)
Homemade egg salad on your choice of white or wheat bread.
Sizzling Grill

Condiments available: lettuce, tomato, onion, pickle, ketchup, mustard and mayonnaise. Remember to limit your ketchup packets to 2.

**Bungee Burger (25 gms)**
Juicy all beef patty (4 oz) on a bun.

**Cheeseburger (25 gms)**
Juicy all beef patty (4 oz), topped with a slice of American cheese.

**Crispy Chicken Strips (29 gms)**
Lightly breaded strips of chicken deep fried to golden brown. Served with your choice of dipping sauce.

**Grilled Cheese (30 gms)**
American cheese (1/2 oz) served on white bread and grilled for a toasty crunch.

**Hot Gobbler Sandwich (27 gms)**
Delicious thin slices of turkey (2 oz) served open faced on Texas Toast and smothered with gravy.

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**Pizza Perfecto**

Make your own Pizza!

A delicious personal pan pizza topped with sauce and fresh ingredients (75 gms).

*Serving Size 7 inches. Your choice of toppings:

- Cheese
- Green Peppers
- Onions
- Mushrooms
- Tomatoes
- Pepperoni
- Sausage
- Ham
The Main Event

Crunchy Battered Fish (15 gms)
Lightly battered Cod fried to golden brown and served with tartar sauce upon request.

Saucy Pasta
Penne pasta served with seasoned marinara or meat sauce. Served with Parmesan cheese upon request. Serving Size 4 oz (15 gms) 12 oz (45 gms)

Grandma’s Beef Stew
Roast beef simmered with potatoes, carrots and onions in rich brown gravy. Serving Size 4 oz (11 gms) 8 oz (22 gms)

Herbed Baked Chicken (0 gms)
Fresh chicken quarter baked to golden brown and lightly seasoned with herbs.

Roasted Gobbler Dinner (4 gms)
Tender slow roasted turkey breast served with gravy. Cranberry sauce (adds 6 gms), too, if you want it!

Meatloaf with Gravy (12 gms)
Ground beef with special seasonings smothered in fresh gravy.

Sidekicks

Potato Chips (15 gms)
Pretzels (23 gms)
Doritos (17 gms)
Cheetos (15 gms)
Serving Size 4 oz
Potato Salad (10 gms)
Cole Slaw (8 gms)

Serving Size 1/2 cup
Seasoned Carrots (5 gms)
Green Beans (5 gms)
Peas (15 gms)
Corn (15 gms)
Macaroni & Cheese (15 gms)
Broccoli (5 gms)
French Fries 1 cup (30 gms)

Serving Size 1/2 cup
Steamed White Rice (23 gms)
Mashed Potatoes (16 oz) with Gravy (serving size 2 oz) (20 gms)
Oven Brown Potatoes (15 gms)
### Whet Your Whistle!

**Milk:**
- **Serving Size 8 oz**
  - 2% (13 gms)
  - Skim (13 gms)
  - Whole (13 gms)
  - Chocolate 1% (26 gms)

- **Serving Size 4 oz**
  - Bottled Water (0 gms)

### Condiments

<table>
<thead>
<tr>
<th>Salt (0 gms)</th>
<th>Sweet &amp; Sour Sauce (12 gms)</th>
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<tbody>
<tr>
<td>Pepper (0 gms)</td>
<td>Italian Dressing (0 gms)</td>
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<tr>
<td>Butter (0 gms)</td>
<td>French Dressing (0 gms)</td>
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<tr>
<td>Margarine (0 gms)</td>
<td>1000 Island Dressing (0 gms)</td>
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<tr>
<td>Sugar (15 gms)</td>
<td>Ranch Dressing (0 gms)</td>
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<tr>
<td>Sugar Substitute (0 gms)</td>
<td>Tartar Sauce (0 gms)</td>
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<tr>
<td>Lemon Wedge (0 gms)</td>
<td>Ketchup (1 gm/pkg)</td>
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<tr>
<td>BBQ Sauce (0 gms)</td>
<td>Mustard (0 gms)</td>
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### Bread Basket

- Dinner Roll (15 gms)
- Graham Crackers 1 pkg (15 gms)
- Saltine Crackers 1 pkg (5 gms)
- White Bread (15 gms)
- English Muffin (26 gms)
- Wheat Bread (15 gms)
- Country Biscuit (30 gms)
- Corn Muffin (28 gms)

### Serving Size 8 oz

- Orange Juice (15 gms)
- Apple Juice (15 gms)
- Cranberry Juice (23 gms)
- Grape Juice (23 gms)

- **Serving Size 8 oz**
  - Iced Tea (0 gms)
  - Hot Chocolate (23 gms)
  - Diet Hot Chocolate (10 gms)
Sweets & Treats

Serving Size 4 oz
Fresh Fruit Cup (12 gms)
Applesauce (15 gms)
Chilled Peaches (15 gms)
Chilled Pears (13 gms)
Vanilla Pudding (30 gms)
Diet Vanilla Pudding (15 gms)
Chocolate Pudding (30 gms)
Diet Chocolate Pudding (15 gms)
Gelatin-Citrus (19 gms)
Diet Citrus Gelatin (0 gms)

Serving Size 0.5 oz bag
Teddy Grahams (15 gms)

Serving Size 4 fluid oz
Fruit Ice – Lemon (22 gms), Cherry (24 gms), Orange (24 gms)
Ice Cream – Chocolate or Vanilla (15 gms)
Orange Sherbet (23 gms)
Banana (30 gms)
Fresh Orange (15 gms)
Fresh Apple (20 gms)
Chocolate Chip Cookies (38 gms)
Sugar Cookies (26 gms)
Chocolate Brownie Cupcake (30 gms)
Oatmeal Raisin Cookies (46 gms)
Yellow Cupcake with whipped topping (18 gms)