



HEART HEALTHY DINING MENU

BREAKFAST & BEVERAGE

STARTERS

- Fresh Fruit Cup (10 g carbs)
- Petite Banana (23 g carbs)
- Stewed Prunes (18 g carbs)
- Fresh Apple (15 g carbs)
- Fresh Pear (21 g carbs)
- Fresh Orange (11 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)
- Raisins (22 g carbs)

CEREAL

- Cheerios® (14 g carbs)
- Total Whole Grain® (20 g carbs)
- Raisin Bran (27 g carbs)
- Rice Krispies® (16 g carbs)
- Cream of Rice (18 g carbs)
- Oatmeal (14 g carbs)
- Cream of Wheat (14 g carbs)
- Grits (29 g carbs)
- Gluten-Free Rice Chex® (16 g carbs)



BREAKFAST ENTRÉES

(Please Choose One)

- Egg Whites
- Egg Substitute
- Pancakes (26 g carbs)
- Low-Fat White or Whole Grain French Toast (13 g carbs)

BAKERY ITEMS

English Muffin (30 g carbs)

- BREAD** White Bread or Toast (14 g carbs)
- Whole Wheat Bread or Toast (13 g carbs)
- Rye Bread or Toast (16 g carbs)

- BAGEL** Whole Wheat Bagel (30 g carbs)
- Plain Bagel (33 g carbs)

MUFFIN Low-Fat Blueberry Muffin (33 g carbs)

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

HOT CHOCOLATE

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

COFFEE

Decaf

TEA

- Decaf
- Green Tea
- Herbal Tea

MILK

- Fat Free (12 g carbs)
- 2% (12 g carbs)
- Lactaid® (13 g carbs)
- Soy (17 g carbs)

LUNCH & DINNER

ENTRÉES

(Please Choose One)

Open-Faced Roast Beef (15 g carbs)

Open-Faced Roast Turkey (15 g carbs)

Oven Roasted Salmon

Country Meatloaf (12 g carbs)

Stuffed Shells (33 g carbs)

Pasta with Homemade Marinara Sauce (38 g carbs)

(Choice of Penne, Whole Wheat Penne, or Gluten-Free Penne)

Pasta with Homemade Marinara Sauce and Meatballs (44 g carbs)

(Choice of Penne, Whole Wheat Penne, or Gluten-Free Penne)

Grilled Chicken Breast Plain or Topped with Marsala Sauce

Roasted Boneless Center Cut Pork Loin Topped with Marsala Sauce

Meatball Sub (24 g carbs)

ENTRÉE SALADS

Low-Salt, Low-Fat Chef Salad (14 g carbs)

Low-Salt Taco Salad (38 g carbs)

Cottage Cheese & Fruit Plate (22 g carbs)

GRILL

Hamburger (23 g carbs)

Low-Salt Cheeseburger (28 g carbs)

Turkey Burger (23 g carbs)

Veggie Burger (45 g carbs)

Grilled Chicken Breast Sandwich (23 g carbs)

Low-Salt Grilled Cheese on White Bread (28 g carbs)

Low-Salt Grilled Cheese on Whole Wheat Bread (26 g carbs)

CREATE YOUR OWN SANDWICH

Please request lettuce, tomato, or onions if desired

Low-Salt Oven Roasted Turkey (28 g carbs)

Roast Beef (28 g carbs)

Tuna Salad (28 g carbs)

Chicken Salad (28 g carbs)

Swiss Cheese (28 g carbs)

Peanut Butter & Jelly (44 g carbs)

On Your Choice of the Following Breads:

White Bread (14 g carbs)

Whole Wheat Bread (13 g carbs)

Rye Bread (16 g carbs)

Kaiser Roll (30 g carbs)

Tortilla Wraps (33 g carbs)





SOUP, SIDES,
SALADS &
DESSERTS

SOUPS

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

SIDE SALADS

- Garden Salad
- Cottage Cheese

SALAD DRESSINGS

- Italian/Lite Italian (<5 g carb)
- Ranch/Lite Ranch (<5 g carb)

STARCH SIDES

- Brown or White Rice (12 g carbs)
- Baked Potato (26 g carbs)
- Baked Sweet Potato (23 g carbs)
- Homemade Mashed Potatoes (22 g carbs)
- Penne Pasta (36 g carbs)
- (White, Whole Wheat or Gluten-Free)

VEGETABLE SIDES

- Carrots
- Green Beans
- Corn (11 g carbs)
- Broccoli
- Steamed Spinach
- Peas (12 g carbs)



FROZEN TREATS

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

PUDDING

- Vanilla Pudding (25 g carbs)
- Chocolate Pudding (24 g carbs)
- Low-Fat/No-Sugar Added Vanilla Pudding (14 g carbs)
- Low-Fat/No-Sugar Added Chocolate Pudding (17 g carbs)
- Rice Pudding (27 g carbs)

CAKE

- Angel Food Cake (14 g carbs)

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)

GELATIN

- Flavored Gelatin (17 g carbs)
- Sugar-Free Gelatin

COOKIES

- Sugar (17 g carbs)



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.

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 left side of this panel for operating hours.

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