



**RESTAURANT-INSPIRED  
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)*

- Scrambled Eggs
- Egg Whites
- Egg Substitute
- Hard Boiled Eggs
- Pancakes (26 g carbs)
- White or Whole Grain French Toast (13 g carbs)

## CREATE YOUR OWN OMELET

[OR BREAKFAST SANDWICH]

- |              |                 |
|--------------|-----------------|
| Swiss Cheese | American Cheese |
| Tomatoes     | Green Peppers   |
| Mushrooms    | Onions          |

## BREAKFAST SIDES

- |                         |                |
|-------------------------|----------------|
| Bacon                   | Turkey Bacon   |
| Sausage                 | Turkey Sausage |
| Home Fries (23 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)
  - Corn Muffin (35 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

- Cola (23 g carbs)
- Diet Cola
- 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

Regular or Decaf

### TEA

- Regular or Decaf
- Green Tea
- Herbal Tea
- Unsweetened Iced Tea

### 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)



## ENTRÉES

*(Please Choose One)*

- Flatbread Pizza (47 g carbs)
- 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

- Chef Salad (14 g carbs)
- Taco Salad (38 g carbs)
- Grilled Chicken Caesar Salad with Croutons (15 g carbs)
- Cottage Cheese & Fruit Plate (22 g carbs)

## GRILL

- Hamburger (23 g carbs)
- Cheeseburger (28 g carbs)
- Turkey Burger (23 g carbs)
- Veggie Burger (45 g carbs)
- Grilled Chicken Breast Sandwich (23 g carbs)
- Cheesesteak (24 g carbs)
- Grilled Cheese on White Bread (28 g carbs)
- Grilled Cheese on Whole Wheat Bread (26 g carbs)
- Grilled Ham and Cheese on White Bread (28 g carbs)
- Grilled Ham and Cheese on Whole Wheat Bread (26 g carbs)

## CREATE YOUR OWN SANDWICH

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

- Oven Roasted Turkey (28 g carbs)
- Ham (28 g carbs)
- Roast Beef (28 g carbs)
- Tuna Salad (28 g carbs)
- Egg Salad (28 g carbs)
- Chicken Salad (28 g carbs)
- Swiss Cheese (28 g carbs)
- American 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)
- Dinner Roll (14 g carbs)
- Kaiser Roll (30 g carbs)
- Tortilla Wraps (33 g carbs)

LUNCH &  
DINNER







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  
Cole Slaw          Potato Salad (18 g carbs)

### SALAD DRESSINGS

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

## STARCH SIDES

Homemade Macaroni & Cheese (15 g carbs)  
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                      Broccoli  
Green Beans                Steamed Spinach  
Corn (11 g carbs)        Peas (12 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 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)

## CAKES & MOUSSE

Angel Food Cake (14 g carbs)

Carrot Cake (39 g carbs)

Chocolate Cake (39 g carbs)

Chocolate Mousse (10 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

Chocolate Chip (16 g carbs)

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.