

## DAILY LUNCH SPECIALS

### SUNDAY LUNCH

- ♥ **Meatballs & Marinara (12 g)**
- ♥ Penne Pasta (28 g)
- ♥ Broccoli (6 g)
- Vanilla Ice Cream (6 g)

### MONDAY LUNCH

- ♥ **Roast Beef & Gravy (3 g)**
- ♥ Whipped Potatoes (28 g)
- ♥ Spinach & Mushrooms (6 g)
- ♥ Orange Cake (51 g)

### TUESDAY LUNCH

- ♥ **Fried Chicken (20 g)**
- ♥ Roasted Old Bay Potatoes (18 g)
- ♥ Lemon Parsley Green Beans (10 g)
- ♥ Fresh Fruit Cup (12 g)

### WEDNESDAY LUNCH

- ♥ **Cranberry & Orange-Glazed Turkey (16 g)**
- ♥ Baked Potato (31 g)
- ♥ Vegetable Bouquetière (5 g)
- ♥ Oreo® Parfait (31 g)

### THURSDAY LUNCH

- ♥ **Pasta with Meat Sauce (37 g)**
- ♥ Breadstick (26 g)
- ♥ Green Beans (4 g)
- Carrot Cake (39 g)

### FRIDAY LUNCH

- ♥ **Chicken Stir-Fry (15 g)**
- ♥ Jasmine Rice (25 g)
- ♥ Fresh Fruit Cup (12 g)

### SATURDAY LUNCH

- ♥ **Breaded Oven-Baked Chicken (5 g)**
- ♥ Whipped Sweet Potatoes (19 g)
- ♥ Italian Vegetable Blend (8 g)
- ♥ Diced Peaches (13 g)

♥ **Heart Healthy Item**

## DAILY DINNER SPECIALS

### SUNDAY DINNER

- ♥ **Roast Turkey & Gravy (3 g)**
- ♥ Tossed Salad (6 g) with Ranch Dressing (1 g)
- ♥ Stuffing (27 g)
- ♥ Green Beans (4 g)
- ♥ Apple Pie (44 g)

### MONDAY DINNER

- ♥ **Marinated Chicken Breast**
- ♥ Tossed Salad (6 g) with Italian Dressing (1 g)
- ♥ Jasmine Rice (25 g)
- ♥ Maple Brussels Sprouts (10 g)
- Strawberry Ice Cream (18 g)

### TUESDAY DINNER

- ♥ **Cod Provençal (3 g)**
- ♥ Tossed Salad (6 g) with French Dressing (2 g)
- ♥ Lemon Herb Orzo (25 g)
- ♥ Edamame Succotash (15 g)
- ♥ Chocolate Pudding (21 g)

### WEDNESDAY DINNER

- ♥ **Mediterranean Chicken Breast (2 g)**
- ♥ Tossed Salad (6 g) with Italian Dressing (2 g)
- ♥ Confetti Rice (25 g)
- ♥ Roasted Zucchini (9 g)
- ♥ Diced Pears (15 g)

### THURSDAY DINNER

- ♥ **Beef Pot Roast & Gravy (3 g)**
- ♥ Tossed Salad (6 g) with Ranch Dressing (1 g)
- ♥ Roasted Root Vegetables (30 g)
- ♥ Vanilla Pudding (22 g)

### FRIDAY DINNER

- ♥ **Old Bay Salmon**
- ♥ Tossed Salad (6 g) with Italian Dressing (1 g)
- ♥ Penne & Broccoli with Alfredo Sauce (50 g)
- ♥ Orange Sherbet (23 g)

### SATURDAY DINNER

- ♥ **Handcrafted Meatloaf & Gravy (8 g)**
- ♥ Tossed Salad (6 g) with French Dressing (2 g)
- ♥ Roasted Garlic Whipped Potatoes (24 g)
- ♥ Corn (16 g)
- ♥ Lemon Meringue Pie (53 g)

### SPECIAL / RESTRICTED DIETS

Not all menu selections are appropriate for all diets. If your doctor has placed you on a special or restricted diet, we will assist you with your meal selections.

Certain tests require a period of fasting prior to the test. If this pertains to you, please plan accordingly.

### HOW TO PLACE YOUR MEAL ORDER

The host / hostess assigned to your unit will assist you with your menu selections. They will take your meal order prior to the start of meal service. Your meals will be delivered based on your unit's scheduled delivery time.

**Family members may also order for patients from outside the hospital by calling (410) 601-5725 or inside the hospital by dialing 2FOOD (23663).**

The Department of Food and Nutrition is here to provide you with outstanding guest service. Please let us know how we can help exceed all of your dining service needs.

### MENU INFORMATION

Foods containing carbohydrates have assigned values, which are listed in parentheses.  
**1 g = 1 gram of carbohydrates**

### CONTACT US

Your feedback is essential to our success. During your stay, please direct any and all comments you may have to:

**Patient Services Manager - ext. 29306**  
**Food Service Director - ext. 25731**

### GUEST TRAYS

**Guest trays are available for \$8.00.**  
Trays can be purchased from your host / hostess. Credit card payments only.

Revised 08/25

 **LIFEBRIDGE HEALTH**  
**CARE BRAVELY**

 **SINAI HOSPITAL**

A LifeBridge Health Center

**CARE BRAVELY**

## PREFERRED DINING MENU



## BREAKFAST

### ♥BREAKFAST FRUIT

Fresh Fruit Cup (12 g), Apple (22 g), Orange (18 g), Banana (26 g), Diced Peaches (11 g), Diced Pears (13 g), Applesauce (15 g), Prunes (21 g)

### ♥YOGURT

Strawberry (25 g), Light Strawberry (15 g), Light Vanilla (15 g), Light Peach (15 g), Fat-Free Vanilla Greek (10 g)

### ♥COLD CEREALS

Cheerios® (14 g), Raisin Bran (27 g), Rice Krispies® (16 g), Froot Loops® (19 g), Frosted Flakes® (25 g)

### ♥HOT CEREALS

Oatmeal (14 g), Cream of Wheat® (27 g), Grits (18 g)

### BREAKFAST ENTRÉES

Scrambled Eggs, ♥HeartSmart Scrambled Eggs, Hard-Boiled Egg (1 g), ♥Pancakes (32 g for 2 pancakes), ♥Texas French Toast (24 g per slice)

### BREAKFAST SIDES

Bacon, ♥Turkey Bacon (1 g), Sausage (1 g), ♥Turkey Sausage, Home Fries (16 g)

### ♥BAKERY

English Muffin (29 g), Bagel (32 g), Blueberry Muffin (30 g), White Bread or Toast (14 g), Wheat Bread or Toast (14 g), Rye Bread or Toast (17 g)

### BUILD-YOUR-OWN OMELET

♥Vegetables: Tomatoes, Onions, Green Peppers

Cheeses: ♥Swiss, American (2 g)



## LUNCH & DINNER

### ♥SOUPS & BROTHS

Chicken Noodle Soup (3 g)  
Tomato Soup (15 g)  
Chicken Broth (1 g)  
Beef Broth (1 g)  
Vegetable Broth (4 g)

### ♥SIDE SALADS

Tossed Salad - Iceberg Mix (6 g)  
Cottage Cheese (6 g)

### ENTRÉE SALADS

♥Chef Salad (10 g)  
♥Tossed Salad - Entrée Portion (12 g)  
Hummus Plate (33 g)  
♥Quinoa Salad (25 g)  
♥Grilled Chicken Salad with Croutons (18 g)  
♥Cottage Cheese and Fruit Platter (16 g)  
♥Fruit Platter (27 g)

### SALAD DRESSINGS

Italian (1 g) / Light Italian (1 g)  
Ranch (1 g) / Light Ranch (4 g)  
French (1 g) / Light French (3 g)  
Caesar (1 g)  
Red Wine Vinegar & Oil

### SIDES

♥Brown Rice (26 g) / ♥White Rice (26 g)  
♥Baked Potato (31 g)  
♥Baked Sweet Potato (25 g)  
♥Whipped Potatoes (21 g)  
♥Mashed Cauliflower (6 g)  
Macaroni & Cheese (15 g)  
♥Penne Pasta (28 g)  
♥Penne Pasta & Marinara Sauce (31 g)  
French Fries (17 g)  
Tater Tots (19 g)  
Potato Chips (8 g)

### ♥VEGETABLES

Carrots (9 g)  
Green Beans (4 g)  
Corn (16 g)  
Broccoli (6 g)

### ♥BAKERY

White Bread (14 g)  
Wheat Bread (14 g)  
Rye Bread (17 g)  
Dinner Roll (19 g)  
Crackers (5 g)

### BUILD-YOUR-OWN SANDWICH

Protein: ♥Oven-Roasted Turkey, Tuna Salad (3 g), Egg Salad (4 g), Chicken Salad (3 g), ♥Peanut Butter & Jelly (23 g without choice of bread)

Cheese: ♥Swiss, American (2 g)

♥Toppings: Lettuce, Tomato, Onion (1 g)

♥Bread: White (14 g per slice), Wheat (14 g per slice), Rye (17 g per slice)

## ENTRÉES & GRILL

Cheese Flatbread Pizza (35 g)

Pepperoni Flatbread Pizza (36 g)

♥Grilled Chicken Breast

♥Baked Cod (2 g)

♥Chicken Pot Pie (38 g)

♥Chicken Tenders (14 g)

♥Cuban Black Beans & Rice (49 g)

♥Hamburger (25 g)

♥Cheeseburger (26 g)

♥Turkey Burger (28 g)

♥Veggie Burger (48 g)

♥Cheesesteak (39 g)

Cheese Quesadilla (36 g)

Chicken Quesadilla (36 g)

♥Grilled Chicken Sandwich (25 g)

Turkey & Bacon Club (30 g)

♥Grilled Cheese on White (31 g)

♥Grilled Cheese on Wheat (31 g)

♥Heart Healthy Item



♥Heart Healthy Item

## ALWAYS AVAILABLE

### ♥FRUIT

Fresh Fruit Cup (12 g), Apple (22 g), Orange (18 g), Banana (26 g), Diced Peaches (11 g), Diced Pears (13 g), Applesauce (15 g), Prunes (21 g)

### ♥YOGURT

Strawberry (25 g), Light Strawberry (15 g), Light Vanilla (15 g), Light Peach (15 g), Fat-Free Vanilla Greek (10 g)

### FROZEN TREATS

Vanilla Ice Cream (14 g), Chocolate Ice Cream (18 g), Strawberry Ice Cream (18 g), ♥Low-Fat / No Sugar-Added Vanilla Ice Cream (16 g), ♥Low-Fat / No Sugar-Added Chocolate Ice Cream (16 g), ♥Orange Sherbet (23 g), ♥Lemon Italian Ice (27 g), ♥No Sugar-Added Lemon Italian Ice (27 g)

### ♥PUDDING & GELATIN

Vanilla Pudding (22 g), Chocolate Pudding (21 g), Low-Fat No Sugar-Added Vanilla Pudding (15 g), Low-Fat No Sugar-Added Chocolate Pudding (17 g), Orange Gelatin (17 g), Lemon Gelatin (17 g), Sugar-Free Orange Gelatin, Sugar-Free Lemon Gelatin, Sugar-Free Lime Gelatin

### COOKIES, CAKES, AND PIE

Chocolate Chip Cookie (24 g), ♥Sugar Cookie (23 g), ♥Angel Food Cake (24 g), Carrot Cake (39 g), Chocolate Cake (28 g), Lemon Meringue Pie (53 g)

## HOT & COLD BEVERAGES

### HOT BEVERAGES

COFFEE: Regular, ♥Decaf

TEA: Regular, ♥Decaf, ♥Herbal, Green

HOT CHOCOLATE: Regular (16 g), Sugar-Free (10 g)

### COLD BEVERAGES

♥JUICE: Orange (14 g), Apple (14 g), Cranberry (15 g), Prune (22 g)

MILK: Whole (12 g), ♥Fat-Free (11 g), 2% (13 g), ♥Lactaid® (13 g), Vanilla Soy (17 g)

SODA: Cola (25 g), Diet Cola, Lemon-Lime (25 g), Diet Lemon Lime, Ginger Ale (25 g), Diet Ginger Ale

♥OTHER: Unsweetened Iced Tea, Lemonade (14 g), Bottled Water