

ABOUT YOUR DIET - CLEAR LIQUID DIET:

The clear liquid diet is used before tests, procedures or surgeries. It is also recommended as a transitional diet after surgery. It includes broth, clear juices, gelatins and Italian ice.

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.** 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.

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 panel below for operating hours.

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

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.





BREAKFAST & BEVERAGE

BROTHS

Beef
Chicken
Vegetable

SIDES

Gelatin (17 g carbs)
Lemon Italian Ice (22 g carbs)

BEVERAGES

JUICES

Apple (14 g carbs)
Cranberry (17 g carbs)

COFFEE

Regular or Decaf

TEA

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

SODA

Ginger Ale (23 g carbs)
Lemon Lime (23 g carbs)

BOTTLED WATER

CONDIMENTS

Honey
Sugar
Sugar Substitute
Salt
Lemon Juice



LUNCH & DINNER

BROTHS

Beef
Chicken
Vegetable

DESSERTS

Gelatin (17 g carbs)
Lemon Italian Ice (22 g carbs)