

ABOUT YOUR DIET - FULL LIQUID DIET:

This diet may be ordered for patients after surgery or as advancement from clear liquids. It is similar to clear liquids, but includes additional liquids such as cooked thin cereals, milk and milk products, puddings, strained/pureed soups and ice cream.

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.



FULL LIQUID
DINING MENU



BREAKFAST & BEVERAGE

HOT CEREAL

Cream of Rice (18 g carbs)
Cream of Wheat (14 g carbs)

BROTHS

Beef
Chicken
Vegetable

SIDES

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

BEVERAGES

JUICES

Orange (15 g carbs)
Apple (14 g carbs)
Cranberry (17 g carbs)

HOT CHOCOLATE

Regular (16 g carbs)

COFFEE

Regular or Decaf

TEA

Regular or Decaf
Iced Tea - Regular or Decaf

SODA

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

MILK

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

CONDIMENTS

Sugar Substitute
Non-Dairy Creamer
Honey Sugar
Salt Lemon Juice



LUNCH & DINNER

SOUPS

All Soups are Pureed & Strained
Cream of Chicken (14 g carbs)
Cream of Mushroom (10 g carbs)

DESSERTS

Vanilla Pudding (25 g carbs)
Chocolate Pudding (24 g carbs)
Vanilla Ice Cream (14 g carbs)
Chocolate Ice Cream (14 g carbs)
Gelatin (17 g carbs)
Lemon Ice (22 g carbs)