



CHOPPED DIET
DINING MENU

BREAKFAST & BEVERAGE

STARTERS

Petite Banana (23 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)

CEREAL

Cream of Rice (18 g carbs)

Oatmeal (14 g carbs)

Cream of Wheat (14 g carbs)

Grits (29 g carbs)



BREAKFAST ENTRÉES

(Please Choose One)

Scrambled Eggs

Egg Whites

Egg Substitute

Pancakes (26 g carbs)

White or Whole Grain French Toast (13 g carbs)

BREAKFAST SIDES

Chopped Sausage

Chopped Turkey Sausage

Ham Steak

BAKERY ITEMS

English Muffin (30 g carbs)

BREAD

White Bread or Toast (14 g carbs)

Whole Wheat Bread or Toast (13 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

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)



LUNCH & DINNER

ENTRÉES

(Please Choose One)

- Open-Faced Chopped Roast Beef *(15 g carbs)*
- Open-Faced Chopped Roast Turkey *(15 g carbs)*
- Chopped 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 *(38 g carbs)*
(Choice of Penne, Whole Wheat Penne, or Gluten-Free Penne)
- Grilled Chopped Chicken Breast with Gravy
- Chopped Roast Beef Topped with Gravy
- Chopped Pork Loin Topped with Gravy



ENTRÉE SALAD

Cottage Cheese & Fruit Plate *(22 g carbs)*

GRILL

- Chopped Hamburger on a Bun *(23 g carbs)*
- Chopped Turkey Burger on a Bun *(23 g carbs)*
- Chopped Veggie Burger on a Bun *(45 g carbs)*
- Grilled Chopped Chicken Breast Sandwich *(23 g carbs)*
- Cut Up Grilled Cheese on White Bread *(28 g carbs)*
- Cut Up Grilled Cheese on Whole Wheat Bread *(26 g carbs)*
- Cut Up Grilled Ham and Cheese on White Bread *(28 g carbs)*
- Cut Up Grilled Ham and Cheese on Whole Wheat Bread *(26 g carbs)*

CREATE YOUR OWN SANDWICH

- Tuna Salad *(28 g carbs)*
- Egg Salad *(28 g carbs)*
- Chicken Salad *(28 g carbs)*

On Your Choice of the Following Breads:

- White Bread *(14 g carbs)*
- Whole Wheat Bread *(13 g carbs)*
- Dinner Roll *(14 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

- Chopped Lettuce Salad
- Cottage Cheese
- 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 (12 g carbs)
- Whipped Sweet Potatoes (11 g carbs)
- Homemade Mashed Potatoes (22 g carbs)
- Brown or White Rice (12 g carbs)
- Penne Pasta (36 g carbs)
- (White, Whole Wheat or Gluten-Free)

VEGETABLE SIDES

- Diced Carrots
- Chopped Broccoli
- Diced Green Beans



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)

CAKE

- Angel Food Cake (14 g carbs)
- Chocolate Cake (39 g carbs)

FRUIT SELECTION

- Diced Pears (13 g carbs)
- Diced Peaches (11 g carbs)
- Applesauce (15 g carbs)
- Petite Banana (23 g carbs)

GELATIN

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



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.