



# PUREE DIET DINING MENU

## **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.



## BREAKFAST & BEVERAGE

## BEVERAGES

### JUICES

Orange (15 g carbs)  
Apple (14 g carbs)  
Cranberry (17 g carbs)  
Prune (23 g carbs)  
Lemonade (28 g carbs)

### SODA

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

### TEA

Regular or Decaf  
Green Tea  
Herbal Tea  
Unsweetened Iced Tea

### HOT CHOCOLATE

Regular (16 g carbs)  
No Sugar Added  
(10 g carbs)

### COFFEE

Regular or Decaf

### 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)

## STARTERS

Puree Banana (23 g carbs)  
Applesauce (15 g carbs)  
Puree Peaches (11 g carbs)  
Puree Pears (13 g carbs)

## CEREAL

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

## BREAKFAST ENTRÉES

*(Please Choose One)*

Puree Scrambled Eggs  
Puree Pancakes (26 g carbs)  
Puree White or Whole Grain French Toast  
(13 g carbs)  
Puree Gluten-Free Waffles (14 g carbs)

## BAKERY ITEMS

*Breads:*

Puree White Bread or Toast (14 g carbs)

## BREAKFAST SIDES

Puree Sausage  
Puree Ham Steak

## ENTRÉES

*(Please Choose One)*

Puree Beef and Gravy  
Puree Turkey and Gravy  
Puree Fish and Gravy  
Puree Chicken and Gravy  
Puree Pork and Gravy

## SOUPS

Strained Cream of Mushroom Soup (10 g carbs)  
Strained Cream of Chicken Soup (14 g carbs)  
Beef, Chicken and Vegetable Broth

## STARCH SIDES

Puree Macaroni & Cheese (15 g carbs)  
Homemade Mashed Potatoes (22 g carbs)  
Whipped Sweet Potatoes (16 g carbs)



## LUNCH & DINNER

## VEGETABLE SIDES

Puree Carrots  
Puree Green Beans  
Puree Broccoli  
Puree Corn (11 g carbs)  
Puree Peas (12 g carbs)



## FRUIT & DESSERTS

### FRUIT SELECTION

Puree Pear (13 g carbs)      Puree Peaches (11 g carbs)  
Applesauce (15 g carbs)      Puree Banana (23 g carbs)

### GELATIN

Flavored Gelatin (17 g carbs)  
Sugar-Free Gelatin

### PUDDING

Vanilla (25 g carbs) or Chocolate Pudding (25 g carbs)  
Low-Fat/No Sugar Added Vanilla Pudding (14 g carbs)  
Low-Fat/No Sugar Added Chocolate Pudding  
(17 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  
Chocolate (23 g carbs)  
Lemon Ice (22 g carbs)  
Orange Sherbet (23 g carbs)



### 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 front cover for operating hours.

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