



BARIATRIC DIET
DINING MENU



SOFT DIET MENU

BREAKFAST

PROTEINS

Scrambled Eggs
Heart Healthy Scrambled Eggs
Hard Boiled Egg

Cottage Cheese
Provolone
Swiss
Cheddar
American

Low-Sugar Peanut Butter

Lite Yogurt (13 g carbs)
Lite Vanilla Yogurt (13 g carbs)

FRESH FRUIT

Fresh Fruit Cup (10 g carbs)
Petite Banana (23 g carbs)
Applesauce (15 g carbs)

LUNCH & DINNER

PROTEINS

Poached Fish
Tuna Salad (28 g carbs)
Egg Salad (28 g carbs)
Chicken Salad (28 g carbs)

Cottage Cheese
Provolone
Swiss
Cheddar
American

Lite Yogurt (13 g carbs)
Lite Vanilla Yogurt (13 g carbs)

FRESH FRUIT

Fresh Fruit Cup (10 g carbs)
Petite Banana (23 g carbs)
Fresh Orange (11 g carbs)
Applesauce (15 g carbs)

BEVERAGES

Caution: Patients should not eat and drink at the same time

Decaf Hot Coffee
Decaf Hot Tea
Decaf Unsweetened Iced Tea
Crystal Lite®
Fat Free Milk (12 g carbs)
Lactaid® Milk (13 g carbs)
Bottled Water

CLEAR LIQUID

BROTH

Beef
Chicken
Vegetable Broth

DESSERTS

Sugar-Free Gelatin
Sugar-Free Popsicle

BEVERAGES

Apple Juice (14 g carbs)
White Grape Juice (14 g carbs)
Decaf Hot Coffee
Decaf Hot Tea
Decaf Unsweetened Iced Tea
Crystal Lite®
Bottled Water

CONDIMENTS

Salt & Pepper
Herb Seasoning
Lemon Juice



CLEAR & FULL LIQUID DIET MENU

FULL LIQUID

In addition to selecting from any of the clear liquid options to the left, you may also choose from any of the following:

STRAINED SOUPS

Strained Chicken Noodle Soup (11 g carbs)

DESSERTS

Sugar-Free Pudding

LITE YOGURT

Lite Vanilla Yogurt (13 g carbs)

BEVERAGES

Fat Free Milk (12 g carbs)
Lactaid® (13 g carbs)

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.

INFORMATION ABOUT YOUR DIET

Bariatric soft, clear and full liquid diets

These diets may be ordered for patients after surgery who advance from clear liquid to soft diets. They include both clear and full liquids as well as soft cooked foods, such as 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.** 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.

