



QUALITY OF LIFE SERVICES

HOW TO PLACE YOUR ORDER

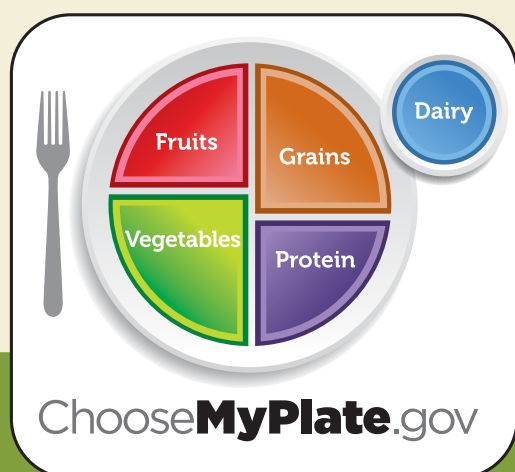
We are pleased to offer At Your Request-Room Service Dining® for our patients. This innovative dining program allows you to select meals from a wide variety of foods designed to enhance your experience as though you were eating at your favorite restaurant. All menu items are available throughout the entire day. When you are ready to make your selections, call us at extension 7575. We'll have your meal delivered to your room within forty-five (45) minutes or less.

Guest trays are also available for visiting guests and family members. Please call 7575 to order your guest meal. It will be charged to your hospital bill as this expense is not covered by insurance plans. Guests are also welcome to visit our Café on the ground floor during the hours of 7:00 a.m. to 10:15 a.m. for breakfast items; 11:00 a.m. to 6:00 p.m. for lunch items; 6:00 p.m. to 11:00 p.m. for dinner and night snack items.

Cardiac, Carbohydrate Controlled, Kosher, Gluten Free and Renal menu are available upon request.

Please call extension 7575 for details.

If you have questions or comments, please call extension 2099 to speak with a Supervisor.



HEALTHY EATING GUIDELINES

Emphasize fruits, vegetables, whole grains and low-fat or fat-free milk and milk products. Include lean meats, poultry, fish, beans, eggs, nuts and seeds. Consume a diet low in saturated fats, trans fats, cholesterol, salt and added sugars.

Make your Calories Count:

Think nutrient-rich rather than 'good' or 'bad' foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients and lower in calories.

Focus on Variety:

Strive for a rainbow of fruits and vegetables for a wide range of vitamins, minerals, fiber and phytochemicals. Eat a variety of foods from all the food groups to get the nutrients your body needs.

Know Your Fats:

Look for foods low in saturated fats, trans fats and cholesterol to help reduce your risk of heart disease.

FOR DIABETIC MANAGEMENT

Please notify the nursing staff when you order your meal so we can best help you manage your diabetes. The usual number of carbohydrate servings allowed per meal is 4 which equals 60 grams. Each serving is equal to 15 grams of carbohydrate.

Timing of blood sugar checks and medications is critical in keeping your blood sugar as normal as possible.

We appreciate your assistance with your medical treatment.

Carbohydrate controlled diets receive a bedtime snack. If you do not receive one, please notify your nurse.



HOWARD COUNTY
GENERAL HOSPITAL

JOHNS HOPKINS MEDICINE

At Your Request Room Service Dining® Menu

**Place orders between
6:30 a.m. - 6:30 p.m.**

Dial 7575 to place your order.

Not For Reproduction
Sample Only



QUALITY OF LIFE SERVICES



BREAKFAST

JUICES & FRUITS

Juice: Grape (15g) • Orange (15g) • Apple (15g) • Cranberry (15g) • Prune • V8® (Reg. 7g, LS 8g)
Fresh Fruit: Apple (25g) • Banana (28g) • Quartered Orange (15g) • Fresh Fruit Cup (15g)
Canned Fruit (1/2 C): Applesauce (12g) • Stewed Prunes (41g) • Mandarin Orange (17g) • Peach Slices (12g) • Pear Slices (14g) • Dole® Fruit Cup (15g)

HOT CEREALS

Cream of Wheat® (4oz., 20g; 8oz., 40g) • Oatmeal (4oz., 13g; 8oz., 27g) • Hominy Grits (4oz., 14g; 8oz., 29g)
Sides: Brown Sugar (1 Tbsp., 12g) • Granola (1 Tbsp., 31g) • Raisins (1 Pack, 20g)

COLD CEREALS

(Carbohydrate grams do not include milk)
Rice Chex® (15g) • Special K® (15g) • Corn Flakes® (18g) • Rice Krispies® (17g) • Cheerios® (14g) • Raisin Bran® (27g) • All Bran® (20g)

BREADS & BAKERY

Buttermilk Biscuit (10g) • Plain Bagel (30g) • Whole Wheat English Muffin (16g)
Bread: White (15g) • Wheat (12g) • Marble Rye (18g) • Raisin (20g) • 12 Grain Wheat (19g)
Danish (18g): Cherry • Apple • Cheese
Muffins: Corn (30g) • Bran (33g) • Blueberry (36g)

LIQUID DIETS

CLEAR LIQUID DIET

Broth: Beef • Chicken • Vegetable
Juice: Grape (15g) • Apple (15g) • Cranberry (15g)
Gelatin (Reg. or SF): Orange (21g or 2g) • Strawberry (22g or 0g)
Fruit Ice (1/2 C, 27g): Lemon • Raspberry
Coffee (Reg. or Decaf)
Hot Tea (Reg. or Decaf)
Unsweetened Iced Tea (Reg. or Decaf)
Ginger Ale (Reg., 8oz.; 18g or Diet)

MORNING FARE

Scrambled Eggs • Cholesterol Free Scrambled Eggs • Egg Whites • Hard Boiled Egg • Buttermilk Pancake (33g) • Texas French Toast (2 Halves, 21g)

Breakfast Sandwiches:

Pork Sausage, Egg and Cheese Muffin (23g) • Bacon, Egg and Cheese Muffin (23g) • Egg and Cheese Muffin (23g)

Breakfast Sides:

Home Fried Potatoes (1/2 C, 16g) • Chicken Bacon • Turkey Sausage • Pork Sausage

OMELET SHOPPE

(Made-to-Order)
Regular Eggs • Choles Free Eggs • Egg Whites

Omelet Extras:

Shredded Cheddar Cheese • Diced Onion • Tomato • Fresh Mushrooms • Chopped Green Pepper • Chicken Bacon • Diced Ham • Turkey Sausage

YOGURT

Light (10g): Vanilla • Blueberry • Strawberry • Peach
Greek: Vanilla (19g) • Plain (6g)

FULL LIQUID DIET

Includes All Clear Liquid Diet Items plus the following:
Soup: Tomato (40g) • Cream of Potato (15g) • Cream of Chicken (20g) • Cream of Wheat® (4oz., 20g; 8oz., 40g) • Oatmeal (4oz., 13g; 8oz., 27g) • Hominy Grits (4oz., 14g; 8oz., 29g)
Yogurt: Light Vanilla Yogurt (10g) • Greek Vanilla (19g) • Plain Greek (6g)
Pudding: Lite Vanilla (26g) • Lite Chocolate (28g) • Rice (28g)
Ice Cream: Vanilla (16g) (Reg. or FF) • Chocolate (16g) • Strawberry (17g)
Sherbet (25g): Lemon Lime • Orange
Milk: Fat Free (4oz., 7g; 8oz., 13g) • 2% Reduced Fat (4oz., 7g; 8oz., 13g) • Whole (4oz., 7g; 8oz., 13g) • Chocolate (8oz., 25g) • Lactose Free (4oz., 6g; 8oz., 13g) • Soy (8oz., 16g)
Juice: Orange (15g) • Prune
SF Hot Chocolate (7g)

LUNCH/DINNER

BROTHS & SOUPS

Broth: Beef • Chicken • Vegetable
Soup (1 Cup): Garden Vegetable (10g) • Tomato (40g) • Chicken Noodle (12g) • Cream of Chicken (20g) • Cream of Potato (15g)

FROM THE GARDEN

Side Salad: Garden Salad (1-1/2 C, 5g) • Caesar Salad (1-1/2 C, 9g) • Spinach Salad (1-1/2 C, 9g) • Cole Slaw (1/2 C, 13g) • Italian Pasta Salad (1/2 C, 25g)
Entrée Salads: Fruit & Cottage Cheese Plate (1/2 C, 10g) • Chicken Caesar Salad (3 C, 23g) • Hummus with Vegetable Sticks
Dressings: Italian (Reg. & LF) • French (Reg. & LF) • Ranch (Reg. & LF 4g) • Balsamic Vinaigrette • Caesar • Honey Mustard (2g) • Croutons (15g)

DELI BAR

BREADS (2 Slices): Wheat (24g) • White (30g) • Tortilla Wrap (35g) • Kaiser Roll (31g) • Marble Rye (36g) • 12 Grain Wheat (38g)

GARDEN: Onion • Lettuce • Tomato • Dill Pickle

CHEESES: Cheddar • LS/LF American • Pepper Jack • Provolone • Swiss

MEATS & FILLINGS: Sliced Ham

Roast Beef • Carved Turkey • Bacon • Egg Salad • Tuna Salad • Chicken Salad • Peanut Butter & Jelly on Your Choice of Bread (45g)

ASIAN STIR-FRY

Seasoned with Soy Sauce
Choice of Rice (1/2 C): Steamed White (22g) • Brown (22g)
Choice of (1 C): Vegetable (12g) • Beef (41g) • Chicken (11g) • Tofu (3g)

GRILL FAVORITES

Grilled Cheese Sandwich (31g) • **Hamburger** (28g) • **Cheeseburger** (25g) • **Turkey Burger** (30g) • **Veggie Burger** (42g) • **Baked Fish Sandwich** (45g) • **Chicken Tenders** (3 Tenders, 20g) • **Grilled Chicken Breast Sandwich** (24g)

AMERICAN COMFORTS

Baked Macaroni & Cheese (1 C, 29g) • Macaroni baked with a creamy cheese sauce & topped with toasted bread crumbs
Classic Meatloaf (1 Slice, 12g) • Traditional home-style meatloaf which is seasoned then oven baked
Herb Chicken Breast • Crusted with herbs
Sliced Roast Turkey Breast • Oven slow roasted then carved to the plate
Baked White Fish • Flakey white fish baked with mild seasonings

SOUTH OF THE BORDER

(Served in 8 inch soft tortilla shells)
Tacos: Ground Turkey (35g) • Tofu (40g)
Enchilada: Cheese (40g) • Chicken (40g) • Roasted Vegetable (40g) • Tofu (40g)
Quesadilla: Cheese (36g) • Chicken (57g) • Ground Turkey (38g) • Roasted Vegetable (56g) • Tofu (40g)
Toppings: Cheese • Tomato • Onion • Salsa • Sour Cream (Reg. or LF)

LUNCH/DINNER

ITALIAN "STYLE"

Choice of Pasta: Spaghetti (1 C, 72g) • Whole Wheat Penne (1 C, 41g) • Whole Wheat Bowties (1 C, 45g)
Choice of Sauce: Marinara • Marinara Meat Sauce • Garlic and Olive Oil
Entrée: Cheese Ravioli (1-1/2 C, 33g) • Egg-plant Parmesan (6oz., 21g)

Personal Pan Pizza

(50g): (Made-to-Order)
Cheese • Meat Lover • Veggie (Tomatoes, Peppers, Onions, Fresh Mushrooms)
Personal Flat Bread Pizza: BBQ Chicken (35g) • Pesto with Marinated Roasted Vegetables (25g)

ACCOMPANIMENTS

Vegetables (1/2 C): Sliced Carrots (7g) • Green Beans (6g) • Yellow Corn (18g) • Broccoli (5g) • Squash Medley (2g) • Roasted Vegetables (Balsamic Marinated Zucchini, Yellow Squash, Red Bell Pepper, Green Bell Pepper, Eggplant) (12g)
On the Side: White Rice (1/2 C, 23g) • Brown Rice (1/2 C, 23g) • Bread Dressing • Stuffing (1/2 C, 31g) • Sweet Potato (30g) • Mashed Potatoes (1/2 C, 19g) • Roasted Red Potatoes (1/2 C, 23g) • Egg Noodles (32g) • French Fries (1/2 C, 23g)
Compliments: Wheat Dinner Roll (16g) • Buttermilk Biscuit (10g) • Baked Potato Chips (26g) • Crackers (10g) (Reg. or LF) • Pretzels (23g)

BEVERAGES

HOT DRINKS

Coffee: (Reg. or Decaf)
Hot Tea: (Reg. or Decaf)
Herbal Tea: Orange • Lemon • Cinnamon Apple • Green
SF Hot Chocolate (7g)

COLD MILK

Fat Free (4oz., 7g; 8oz., 13g) • 2% Reduced Fat (4oz., 7g; 8oz., 13g) • Whole (4oz., 7g; 8oz., 13g) • Chocolate (8oz., 25g) • Lactose Free (4oz., 6g; 8oz., 13g) • Soy (8oz., 16g)

JUICE

Grape (15g) • Orange (15g) • Apple (15g) • Cranberry (15g) • Prune • V8® (Reg. 7g, LS. 8g)

COLD

Unsweetened Iced Tea (Reg. or Decaf)
Diet Pepsi® (8oz., 28g)
Root Beer
Ginger Ale (Reg., 8oz.; 18g or Diet)

ON THE LIGHTER SIDE

(Items of less than 500 calories, less than 500 milligrams of sodium and lower fat)

Steamed Vegetables over Rice

(White or Brown) (1 C, 22g)

Tofu over Rice

(White or Brown) (1 C, 22g)

Roasted Marinated Vegetables & Hummus with Flat Bread

Herbed Chicken Breast with Broccoli and Squash Medley

(1-1/2 C)

Tuna Salad Wrap with Lettuce & Tomato

(60g)

DESSERTS

COOKIES

Vanilla Wafers (5 wafers, 18g) • Graham Crackers (2 squares, 11g) • Shortbread (19g) • Sugar Chocolate Chip • Oatmeal Raisin

YUMMY DELIGHTS

Carrot Cake (16g) • Chocolate Cake (33g) • Angel Food Cake (18g) • Pound Cake (26g) • Apple Pie (43g)

PUDDING

(1/2 C)
Lite Vanilla (26g) • Lite Chocolate (28g) • Rice (28g)

GELATIN

(Reg. or SF)
Orange (21g or 2g) • Strawberry (22g or 0g)

FROZEN DESSERTS

Ice Cream: Vanilla (16g) (Reg. or FF) • Chocolate (16g) • Strawberry (17g)
Sherbet (25g): Lemon Lime • Orange
Fruit Ice (1/2 C, 27g): Lemon • Raspberry
Popsicles: Orange (15g) • Grape (26g) • Cherry (16g)



KEY:		
FF = Fat Free	LF = Low Fat	(#g) = Carb Count
SF = Sugar Free	LS = Low Sodium	C = Cup(s)
1 serving of carbohydrates equals 15 grams. Number of carbohydrate servings allowed per meal will vary per calorie level prescribed by provider.		
For example a 1,800 calorie diet allows 4 (60 grams) carbohydrate servings per meal.		

Condiments available upon request

If your Doctor has prescribed a modified diet, some items may be altered or substituted.

DIAL 7575 TO PLACE YOUR ORDER