

# GBMC

6701 North Charles Street  
Baltimore, Maryland 21204

GBMC includes Greater Baltimore Medical Center, Greater Baltimore Medical Associates, Greater Baltimore Health Alliance, Gilchrist Hospice Care and the GBMC Foundation.

# MENU

**AT YOUR REQUEST**  
Room Service Dining\*  
by **sodexo**

Place orders between 6:30 AM and 6:30 PM  
DIAL 3663 (FOOD) TO PLACE YOUR ORDER.

## BREAKFAST

### JUICES & FRUITS

**JUICE:** Grape, Orange, Apple, Cranberry, Prune

☺ **FRESH FRUIT:** Apple, Banana, Blueberries, Seasonal Fruit Cup, Cantaloupe

☺ **CANNED FRUIT:** Applesauce, Peach Slices, Pears, Fruit Cocktail, Pineapple

### ☺ HOT CEREALS

Cream of Wheat®  
Grits, Oatmeal

### COLD CEREALS

☺ Corn Flakes®, ☺ Raisin Bran®  
☺ Rice Krispies®, ☺ Cheerios®  
Kashi®

### ☺ LOW FAT YOGURT

Vanilla, Strawberry  
Blueberry

### BREADS & BAKERY

Plain Bagel  
Buttermilk Biscuit  
English Muffin (Reg. or Wheat)  
Blueberry Muffin

### MORNING FARE

Scrambled Eggs  
☺ Cholesterol Free Scrambled Eggs  
French Toast (Reg. or Whole Wheat)  
☺ Pancake (Buttermilk or Whole Wheat)

### BREAKFAST SIDES:

☺ Hash Brown Potatoes  
Bacon, ☺ Turkey Bacon  
Turkey Sausage Patty  
Pork Sausage Link

### OMELET SHOPPE

(Made-to-Order)  
Regular Eggs  
☺ Cholesterol Free Eggs

### OMELET EXTRAS:

Shredded Cheddar Cheese, ☺ LF Swiss  
☺ Diced Onion ☺ Diced Fresh Tomatoes  
☺ Fresh Mushrooms, ☺ Spinach  
☺ Chopped Green Pepper  
☺ Diced Ham  
Bacon  
☺ Turkey Bacon

## LIQUID DIETS

### CLEAR LIQUID DIET

**BROTH:** Vegetable, Beef, Chicken

**JUICE:** Grape, Apple, Cranberry

**GELATIN:** Berry, Citrus  
(Reg. or SF)

**FRUIT ICE:** Lemon, Cherry

**COFFEE** (Reg. or Decaf)

**HOT TEA** (Reg., Decaf or Herbal)

**LEMONADE** (Reg. or Diet)

**ICED TEA** (Reg., Decaf or Sweetened)

**LEMON LIME SODA** (Reg. or SF)

### FULL LIQUID DIET

Includes All Clear Liquid Diet Items Plus the Following:

Tomato Soup  
Cream of Wheat®, Grits, Oatmeal  
Low Fat Vanilla Yogurt

**PUDDING:** Chocolate, Vanilla  
(Reg. or SF)

**ICE CREAM:** Chocolate, Strawberry, Vanilla (Reg., or FF/NSA), Orange Sherbet

**MILK:** Fat Free, 1% Low Fat, Chocolate, Lactose Free, Soy (4oz or 8oz.)

**JUICE:** Orange, Prune

**HOT CHOCOLATE** (Reg. or SF)

DIAL 3663 TO PLACE YOUR ORDER.

If your Physician has prescribed a modified diet, some items may not be available.

## LUNCH & DINNER

### BROTHS & SOUPS

☺ **BROTH:** Vegetable, Beef, Chicken

**SOUP:** Tomato, ☺ Chicken Noodle, ☺ Garden Vegetable, LS Cream of Potato Soup

### FROM THE GARDEN

☺ **SIDE SALADS:** Carrot & Celery Sticks, Creamy Cole Slaw, Garden Salad, Mix Green & Spinach, Small Caesar, Small Chef, Small Chicken Caesar, Chicken Caesar Salad, Caesar Salad, Chef Salad, ☺ Fruit & Cottage Cheese Plate

**DRESSINGS:** Italian (Reg. & ☺ Low Calorie), French (Reg. & ☺ Low Calorie), Ranch (Reg. & ☺ Light), Caesar (Reg. & ☺ Low Calorie), Balsamic Vinaigrette, Honey Mustard

### DELI BAR

**BREADS:** Wheat, White, Rye, Flat Bread, Whole Wheat Wrap

**GARDEN:** ☺ Onion, ☺ Sliced Tomato, ☺ Lettuce, ☺ Shredded Lettuce, ☺ Spinach, ☺ Cucumbers, Dill Pickle

**CHEESES:** American, Provolone, ☺ LF Swiss

**MEATS & FILLINGS:** ☺ Deli Ham, ☺ Turkey Breast, Egg Salad, Tuna Salad, Chicken Salad (With LF Mayo), Peanut Butter & Jelly (Reg. or ☺ Diet)

### GRILL FAVORITES

**GRILLED CHEESE**  
(White or Wheat Bread)

**HAMBURGER**  
(White and Multigrain Roll)

**CHEESEBURGER**  
(White and Multigrain Roll)

**BLACK BEAN BURGER**  
(White and Multigrain Roll)

☺ **GRILLED CHICKEN BREAST**  
(White and Multigrain Roll)

**CHICKEN TENDERS**

**CHICKEN QUESADILLA**

**ROASTED VEGETABLE QUESADILLA**

**BEEF HOT DOG ON BUN**

### AMERICAN COMFORTS

**FARMERS MEATLOAF**

**POT ROAST**

**BAKED MAC & CHEESE**  
(Full or 1/2 Portion)

☺ **ROTINI WITH MEAT SAUCE**

☺ **SPAGHETTI WITH MARINARA**  
(Wheat or White Pasta)

☺ **SLICED TURKEY BREAST**

☺ **HERB GRILLED CHICKEN BREAST**

**LEMON SAGE CHICKEN QUARTER**

☺ **CRISPY BAKED WHITE FISH**

Condiments available upon request

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# LUNCH & DINNER

## PERSONAL PAN PIZZA

(Made to Order)

**CHEESE**  
**PEPPERONI**  
**VEGGIE:**

Onion, Mushrooms, Green Peppers

☺ **MARGHERITA FLATBREAD**

## ACCOMPANIMENTS

- VEGETABLES:** Sliced Carrots, Green Beans, Green Peas, Yellow Corn, Broccoli, Summer Squash Medley, Sautéed Spinach
- ON THE SIDE:** ☺ White Rice, ☺ Brown Rice, Steak Fries, ☺ Plain Baked Potato, ☺ Whipped Potatoes, ☺ Roasted Potatoes, ☺ Mashed Sweet Potato.
- COMPLIMENTS:** Dinner Roll (White or Wheat), Potato Chips (Reg. or ☺ Baked), Pretzels, Crackers (Reg. or ☺ LS)

## BEVERAGES

- HOT:** Coffee (Reg. or Decaf), Tea (Reg., Decaf or Herbal), Hot Chocolate (Reg. or SF)
- COLD:** Lemonade (Reg. or SF), Iced Tea (Reg., Decaf or Sweetened), Lemon Lime Soda (Reg. or SF), Soda (Available Upon Request)
- JUICE:** Grape, Orange, Apple, Cranberry, Prune
- MILK:** Fat Free, 1% Low Fat, Chocolate, Lactose Free, Soy (4oz. or 8oz.)

## DESSERTS

- COOKIES:** Vanilla Wafers, Graham Crackers, Sugar, Chocolate Chip, Oatmeal Raisin
- YUMMY DELIGHTS:** Apple Pie, ☺ Rice Krispies® Treats, Chocolate Brownie, Angel Food Cake (With Blueberries)
- PUDDING:** Chocolate, Vanilla (Reg. or ☺ SF)
- ☺ **GELATIN:** Berry, Citrus (Reg. or SF)
- FROZEN DESSERTS:** Ice Cream: Chocolate, Strawberry, Vanilla (Reg., or FF/NSA), Orange Sherbet, Fruit Ice: Lemon, Cherry

### KEY

FF: FAT FREE • LF: LOW FAT • LS: LOW SODIUM  
SF: SUGAR FREE NSA: NO SUGAR ADDED • ☺: MINDFUL

Items with the Mindful Symbol ☺ are lower in fat & sodium and are suggested choices for Cardiac Diets.

### DIAL 3663 TO PLACE YOUR ORDER.

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## 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.



When you are ready to make your selections, call us at extension **3663 (FOOD)**.



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 extension **3663 (FOOD)** to order a guest meal.



Please call extension **3663 (FOOD)** for details. If you would like your family member or loved one to place your At Your Request® - Room Service Dining meal from home please have them call 443-849-3663.



## DIETARY 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.

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.

