

Liquid Diets

Clear Liquid Diet

Broth: Beef • Chicken • Vegetable

Juice: Apple (21) • Cranberry (21) • Grape (19)

Gelatin (18) REG • SF: Cherry REG • Orange REG • SF •

Strawberry SF

Lemon Fruit Ice (27) REG • (13) NSA

Coffee REG • DECAF

Hot Tea REG • DECAF

Iced Tea DECAF

Lemonade (13)

Ginger Ale (15) REG • DIET

Full Liquid Diet

Includes all clear liquid diet items plus the following:

Tomato Soup (16) LS

Cream of Wheat® (23)

Vanilla Yogurt (15)

Pudding REG • NSA: Vanilla (29) • Chocolate (26)

Frozen: Ice Cream: Vanilla (16), Chocolate (26), Strawberry (28) •

Sherbet: Orange (32)

Milk: Fat Free (12) • 1% (12) • Whole (12) • Soy (9) • LF Chocolate

(25) • Lactose Free (12)

Juice: Orange (17) • Prune (22)

Hot Cocoa (16) REG • (10) NSA

Available Every Day

Breakfast

Hot & Cold Cereals

Oatmeal (32) • Grits (35) • Cream of Wheat® (23) • Cheerios® (23) •

Honey Nut Cheerios® (23) GF • Corn Flakes® (18) • Raisin Bran® (28) •

Rice Krispies® (23)

Entrees

Cage-Free Eggs: Hard Cooked • Scrambled Eggs Low Cholesterol •

Scrambled Tofu (6) VG • French Toast (16) • Buttermilk Pancakes (33)

Sides

Sausage (PORK PATTY, TURKEY LINK) • Home Fried Potatoes (21) GF

• English Muffin ((23) WHITE, WHEAT) • Bagel ((42) WHITE, WHEAT)

• Whole Grain Blueberry Muffin (33) • Greek Yogurt (11) GF •

Strawberry Yogurt Parfait (49) • LF Cottage Cheese (6) GF

Lunch & Dinner

Hot Entrees & Grill

Grilled Zucchini Steak VG GF • Citrus Herb Pollock • Baked

Chicken Tenders (22) • Southwest Burrito (43) VG • Falafel Fritters

(20) • Burgers (GF BREAD AVAILABLE): Cheeseburger, Turkey, Veggie

(17) VG, Chicken Sandwich

Deli Sandwiches (GF BREAD AVAILABLE)

Turkey • Roasted Beef • Ham • Chicken Salad • Egg Salad •

Tuna Salad

Cold Entrees

Cottage Cheese & Fruit Plate (44) GF • Chef Salad (8) • Chicken

Caesar Salad (9) • Pita & Vegetables w/ Hummus (35) • Hummus

Burrito (57) VG

Soups & Side Salads

Soup: Chicken Noodle (10) • Tomato Basil (10) GF V • Vegetable (10) GF VG

Broth: Beef • Chicken • Vegetable

Carrots & Celery Sticks • Mixed Green Salad VG

Sides

Green Beans (6) GF • Sliced Carrots (7) GF • Mashed Potatoes (22) GF

• Penne Pasta (30) REG • GF • Steamed Rice ((22) BROWN, WHITE) GF •

Dinner Roll (WHITE, WHEAT (13)) • Corn Muffin (30) • Potato Chips

(15) REG • (24) BAKED • Pretzels (23)

Fruit

Whole Fruit (15-22): Seasonal Fresh Fruit • Banana • Orange • Red

Delicious Apple • Red Grapes

Chilled Fruit (12-17): Fresh Fruit Cup • Applesauce • Diced Peaches

• Diced Pears • Pineapple Tidbits • Mandarin Oranges • Tropical

Desserts

Cookies: Oatmeal Raisin (22) • Chocolate Chip (22) • Sugar (23) •

Lorna Doone® (18) • Graham Crackers (16)

Bakery: Chocolate Brownie (26) • Angel Food Cake (28) • Pound

Cake (25) • Baked Cinnamon Apples (11) GF

Pudding REG • NSA: Vanilla (29) GF • Chocolate (26) GF

Gelatin (18) GF: Berry REG • Strawberry SF • Orange REG • SF

Frozen GF: Ice Cream: Vanilla (16), Chocolate (26), Strawberry (28) •

Sherbet: Orange (32) • Lemon Fruit Ice (27) REG • (13) NSA

Beverages

Hot: Coffee REG • DECAF • Tea REG • DECAF • Hot Chocolate REG (16) • NSA (10)

Cold: Unsweetened Iced Tea • Ginger Ale (REG (15) • DIET) •

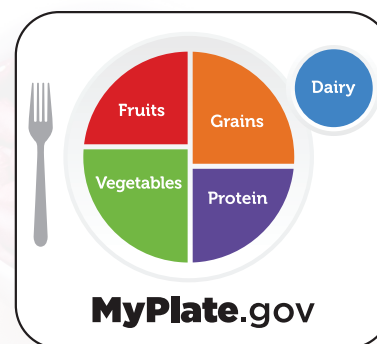
Lemonade (13)

Juice: Apple (21) • Cranberry (21) • Grape (19) • Orange (17) •

Prune (22)

Milk: Fat Free (12) • 1% (12) • Whole (12) • Soy (9) • LF Chocolate

(25) • Lactose Free (12)



GBMC MENU

Place orders between 6:30 a.m. and 6:30 p.m.

To place orders from your bedside:
Dial extension 6800

If using a personal device:
Dial 443-849-6800



We care about what you think!

Scan this QR code with your phone's camera to complete this short survey and share your feedback on our patient meal service. Thank you!



Our goal is to provide you with an excellent dining experience. For your safety, our staff is continuously trained on all cleaning standards and processes. Rest assured, your service-ware has been properly sanitized for each meal. All your food is prepared in a sanitized and disinfected restaurant-style kitchen environment.

In the hospital, we take a clinically led, chef-inspired menu to deliver nutrition that heals. Trusted brands are used to provide you with enjoyable and nutritious meals appropriate for your provider-approved diet order.

We encourage you to try our featured daily specials. Throughout the day, our staff will be visiting to guide you through the ordering process and is happy to make recommendations for you.

**If you are on a modified diet,
the Call Center agent at ext. 6800
will assist you with your selections.**

Breakfast Specials

Monday

Breakfast Burrito, made with Bacon, Scrambled Eggs, & Home Fried Potatoes (21) served in a Wheat Tortilla (34)
Served with Oatmeal (32) & Banana Chocolate Chip Muffin (22).

Tuesday v

Buttermilk Pancakes (33) & Cinnamon Baked Apples (16)
Served with Banana (22) & Cream of Wheat® (23).

Wednesday v

Apple Cinnamon Oatmeal (32) & Chobani Yogurt (11)
Served with Mandarin Oranges (17).

Thursday

Oatmeal (32), French Toast (27) & Bacon
Served with a Banana (22).

Friday

New York Breakfast Sandwich, made with Fried Egg, Cheddar Cheese, Pork Patty served on a Kaiser Roll (35)
Served with Diced Pears (18) & Oatmeal (32).

Saturday

Scrambled Eggs, Home Fried Potatoes (21) & Bacon
Served with a Banana (22) & Oatmeal (32).

Sunday v

Blueberry Pancakes (35)
Served with Mandarin Oranges (17) & Oatmeal (32).

Key: REG: Regular • **NSA:** No Sugar Added • **LF:** Low Fat • **SF:** Sugar Free • **GF:** Gluten Free • **V:** Vegetarian • **VG:** Vegan • **(#):** Carbohydrates (items less than 5 grams of carbohydrates do not have grams (#) listed)

Lunch Specials

Monday

Ultimate Southwest Burrito (43) VG
Tortilla stuffed with Spanish rice, roasted bell peppers & enchilada sauce.
Served with diced pears (18).

Chicken Salad Sandwich on Wheat Bread (28)
Served with beef & sweet pepper soup (10) GF.

Tuesday

Pork Carnitas Rice Bowl (50) GF
Slow roasted pork shoulder with Latin spice blend, cilantro rice (23), pinto beans, pico de gallo, shredded cheddar, lettuce & lime. Served with reduced sodium tomato soup (10) GF & tropical fruit cup (15) GF.

Chicken Caesar Salad Plate (9)
Served with reduced sodium tomato soup (10) GF V.

Wednesday

Citrus & Herb Crusted Salmon
Atlantic salmon fillet marinated in orange & lemon juices, then roasted in a crispy citrus herb crust. Served with toasted orzo (27), green beans GF, chocolate peanut butter mousse (20) GF & reduced sodium chicken noodle soup (10).

Egg Salad Sandwich on Wheat Bread (31)
Served with reduced sodium chicken noodle soup (10).

Thursday

Cajun Pastalaya (48) VF
Blackened carrots & cremini mushrooms with sundried tomatoes & penne pasta in a creamy Alfredo sauce. Served with a mixed greens salad with cucumber and tomato GF, Italian dressing GF & angel food cake (28).

Tuna Salad Sandwich on Wheat Bread (24)
Served with beef & sweet pepper soup (10) GF.

Friday

Hearty Shepherd's Pie (40) GF V
Tender lentils, mushrooms, onions, peas & corn in rich herbed gravy, topped with creamy mashed potatoes (21) & a mixed greens salad with cucumber and tomato GF. Served with a wheat dinner roll (13) & cinnamon baked apples (11) GF.

Chicken Salad Cold Plate (21)
Chicken salad on a leaf of lettuce with cucumber slices, carrot sticks & pita wedges. Served with reduced sodium tomato basil soup (10) GF V.

Saturday

Smothered Pork Chop (8)
Cajun seasoned boneless pork chops topped with tomato and onions (8), served with sage dressing and brown gravy (21), and California mixed vegetables (5).

Tuna Salad Sandwich on Wheat Bread (24)
Served with reduced sodium vegetable soup (10) GF V.

Sunday

Red Beans Etouffe (24) GF V
Red beans with celery, onions, peppers & carrots in a spicy Cajun tomato sauce & cauliflower. Served with pineapple tidbits (15) GF & a corn muffin (30).

Egg Salad Sandwich on Wheat Bread (31)
Served with reduced sodium chicken noodle soup (10).

Dinner Specials

Monday

Turkey Bolognese (39)
Bowtie pasta with roasted tri-color peppers, meaty turkey bolognese sauce & parmesan cheese & broccoli florets (5). Served with an oatmeal raisin cookie (22) & a wheat dinner roll (13).

Citrus Herb Pollock (28)
Served with cilantro lime rice & broccoli.

Tuesday

Balsamic Stuffed Portobello (29) GF V
Roasted portobello mushroom topped with roasted vegetables, spinach, sundried tomatoes & mozzarella. Served with California mixed vegetables (5), parmesan bread stick (10) & a brownie (38).

Salisbury Steak
Braised chopped beef steak topped with brown gravy. Served with reduced sodium vegetable soup (10) GF.

Wednesday

Braised Beef Pot Roast Style GF
Carved slow roasted beef top round, mashed potatoes (21), brown gravy & herb roasted carrots (7). Served with unsweetened applesauce (11) GF & a wheat dinner roll (10).

Chicken Thigh Cacciatore (12)
Chicken thighs, mushrooms & peppers sautéed with garlic, finished with marinara sauce & penne pasta (32).

Thursday

Mediterranean Rotisserie Turkey GF
Slow roasted whole turkey breast basted with Mediterranean rub with chicken gravy, cinnamon sweet potatoes (16) & peas with caramelized onions (11). Served with pineapple tidbits (15) GF & a wheat dinner roll (10).

Beef Macaroni & Tomatoes (20)
Elbow macaroni baked with ground beef, marinara & onions. Served with a mixed greens salad with cucumber and tomato GF.

Friday

Shrimp & Cheese Grits (28)
Sautéed fresh shrimp with poblano peppers, garlic and onions over cheesy grits with green beans with red pepper. Served with peach and blueberry crumble (24) & a parmesan bread stick (11).

Ultimate Southwestern Burrito (43) VG
Tortilla stuffed with black beans, tomatoes, corn, fire roasted jalapeno & brown rice, topped with zesty cilantro and red sauce. Served with Mexican chicken tortilla soup (11).

Saturday

Cantonese Vegetable Stir Fry (45) V
Snow peas, mushrooms, celery, broccoli, onion & red pepper stir fried with angel hair noodles. Served with butter sugar cookie (23) & a wheat dinner roll (10).

Chicken Spinach Pasta Casserole (21)
Penne pasta (32) with chicken breast, tomato sauce, spinach, basil, oregano & parmesan.

Sunday

Picadillo Beef (8) GF
Ground beef seasoned with fresh sautéed vegetables & potatoes with cilantro lime rice (26) & Santa Fe black beans (27). Served with a mixed greens salad with cucumber and tomato GF.

Cheese Ravioli (35) V
Ravioli stuffed with ricotta, topped with marinara.