CalvertHealth®

Food & Nutrition Services

PATIENT MENU

It is our pleasure to serve you. Our Food and Nutrition staff will visit you daily to help you create the perfect meal to meet your specific dietary needs.

To speak to a staff member, dial extension 5228 (Level 2) or 5229 (Level 3) and we will be happy to assist you.

KEY to DIET SELECTIONS

- ♥ Heart Healthy *(Low Sodium/Low Fat)*
- GF Gluten-Free *(Gluten-Free Bread/ Bread upon request)*
- VG Vegan*
  **More items available upon request*

(#) Number in parenthesis represents the amount of servings of carbohydrates.

(There are 15 carbohydrates in a serving and you are allowed 4 servings or 60 grams of carbohydrates per meal.)

BREAKFAST

Hot off the Grill:

Buttermilk Pancakes (2.2)
Waffle with Syrup (3.3) ♥
French Toast with Syrup (2.2) ♥
Hash Brown (1)
Fried Egg GF
Heart-Healthy Scrambled Eggs ♥ GF
Scrambled Eggs with Cheese
Turkey Sausage ♥
Applewood Smoked Bacon
Low-Sodium Applewood Bacon ♥
Pork Sausage
Pork Bacon GF
Scrapple (0.5)
Hard Boiled Egg ♥ GF
Crustless Quiche (0.2) ♥ GF
Oatmeal (2) VG ♥
Cream of Wheat (2.2) ♥ VG
Grits (2) ♥ GF VG
Cream of Rice (2.3) ♥ GF VG
Assorted Cold Cereals with Milk (2-3) ♥

LUNCH & DINNER

Sautéed Chicken Breast ♥ GF
Slow-Roasted Turkey *with Herb Gravy* ♥ GF
Rockfish *(sautéed, baked, or fried)* ♥ GF
Roasted Salmon ♥ GF
Homemade Meatloaf *with Caramelized Onions* (1) ♥
Beef Pot Roast ♥ GF
Roasted Pork Loin ♥ GF
Pizza (3) *(cheese or pepperoni)*
White Cheddar Mac & Cheese (2)
Grilled Hamburger (2) ♥ GF
Grilled Cheeseburger (2) ♥ GF
Grilled Chicken Sandwich (2.1) ♥ GF
Grilled Cheese Sandwich (2.3)
Veggie Burger GF VG
Roasted Turkey Sandwich or Wrap (2) GF
Chicken Salad Sandwich (2) ♥ GF
Egg Salad Sandwich (2) ♥ GF
Tuna Salad Sandwich (2) ♥ GF
Peanut Butter & Jelly Sandwich (3.3) ♥ GF

A LA CARTE ITEMS

Activia Yogurt (1) ♥ GF
Greek Yogurt (1) ♥ GF
Banana (2) ♥ GF VG
Fresh Fruit Cup (0.6) ♥ GF VG
Peaches (0.5) ♥ GF VG
Pears (1) ♥ GF VG
Apple (1.5) ♥ GF VG
Orange (1) ♥ GF VG
English Muffin (2) ♥ GF
Muffin (2-2.5) *(Banana Nut or Blueberry)* GF
Bagel (1-3) *(Plain, Cinnamon-Raisin, Everything)* GF
Cinnamon Raisin Toast (1.3) ♥

STARTERS, SIDES, SOUPS & SALADS

Steamed Broccoli (.5) ♥ GF VG
Green Beans ♥ GF VG
Southern Greens
Sweet Glazed Carrots (1) ♥ GF VG
Peas (1) ♥ GF VG
Corn (1) ♥ GF VG
Mixed Vegetables (.05) ♥ GF VG
Mashed Potatoes (1.6) ♥ GF
Baked or Sweet Potato (3-4) ♥ GF VG
Vegetable Rice Pilaf (1.5) VG
White Rice (1.5) ♥ VG
Waffle Fries (2.5)
Potato Chips (1.5)
White Cheddar Mac & Cheese (1)

Tossed Side Salad ♥ GF VG
Caesar Salad *(side or entrée)* GF
Grilled Chicken Caesar Salad GF
Chef's Salad GF
Garden Salad with Chicken ♥ GF
Tomato Soup (1.4) ♥
Chicken and Rice Soup (1) ♥
Sweet Potato Soup (3.2) ♥ GF
Maryland Crab Soup (1) ♥ GF
Chicken, Vegetable, Beef Broth ♥ GF

Dressings: *Balsamic, Italian, Raspberry Vinaigrette, Oil & Vinegar, Honey Mustard, French, Ranch, Caesar, Thousand Island, Blue Cheese*

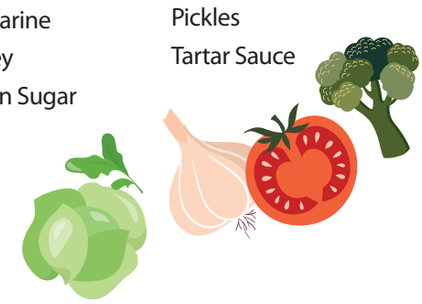
BEVERAGES ♥

Bottled Water
Iced Tea
Coffee *(Decaf and Regular)*
Hot Tea *(Decaf and Regular)*
Milk (1)
Lactaid Milk (1)
Almond or Soy Milk (1) VG
Hot Cocoa (1)
Assorted Juices (1)
Pepsi *(Regular and Diet)*
Gingerale *(Regular and Diet)*
Crystal Light
Sprite Zero
Sierra Mist

DESSERTS

Seasonal Panna Cotta (0.6) ♥
Chocolate Mousse Cake (0.5)
Ice Cream *(Regular and Sugar-free)* (1) ♥ GF
Sherbet ♥
Pound Cake (1) ♥
Apple Pie (3)
Crème Brulee (1.6)
Key Lime Shooter (0.8) ♥
Vanilla Cheesecake (3.4)
Carrot Cake (3.7)
Vanilla Wafers (1) ♥
Jello *(Regular and Sugar-free)* ♥ VG
Pudding *(Regular and Sugar-free)* ♥
Fresh Fruit Cup (0.6) ♥
Chocolate Cake (4)
Italian Ice (2) ♥ GF VG
Chocolate Chip Cookie (2)
Brownie (3.7) GF
Chocolate Chip Cookie (3.6) GF

CONDIMENTS

Ketchup
Mustard
Mayonnaise
Ms. Dash
Malt Vinegar
Pepper
Sugar
Sugar Substitute
Half & Half
Non-Dairy Cream
Butter
Margarine
Honey
Brown Sugar

Cinnamon
Lemon Juice
Jelly
Syrup/Diet Syrup
Cream Cheese
Sour Cream
Peanut Butter
Relish
Tomato
Onions
Lettuce
Pickles
Tartar Sauce