



# CalvertHealth<sup>®</sup>

Food & Nutrition Services

Family Birth Center

## 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.

We also offer specialty coffee bar items through the Calvert Espresso Bar, proudly serving Starbucks Coffee.

To speak to a staff member, dial extension 5376 and we will be happy to assist you.



## KEY to DIET SELECTIONS

**GF** Gluten-Free (*Gluten-Free Bread/Bread upon request*)

**VG** Vegan\*  
\*More items available upon request



## BREAKFAST

### Hot off the Grill:

Buttermilk Pancakes  
Waffle with Syrup  
French Toast with Syrup  
Hash Brown  
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  
Hard Boiled Egg **GF**  
Crustless Quiche **GF**  
Oatmeal **VG**  
Cream of Wheat **VG**  
Grits **GF VG**  
Cream of Rice **GF VG**  
Assorted Cold Cereals with Milk



## LUNCH & DINNER

Sautéed Chicken Breast **GF**  
Slow-Roasted Turkey with Herb Gravy **GF**  
Rockfish (*sautéed, baked, or fried*) **GF**  
Roasted Salmon **GF**  
Jumbo Lump Crab Cake  
Homemade Meatloaf with Caramelized Onions  
Beef Pot Roast **GF**  
Braised Beef Short Ribs  
Roasted Pork Loin **GF**  
Pizza (*cheese or pepperoni*)  
White Cheddar Mac & Cheese  
Grilled Hamburger **GF**  
Grilled Cheeseburger **GF**  
Grilled Chicken Sandwich **GF**  
Grilled Cheese Sandwich  
Veggie Burger **GF VG**  
Roasted Turkey Sandwich or Wrap **GF**  
Chicken Salad Sandwich **GF**  
Egg Salad Sandwich **GF**  
Tuna Salad Sandwich **GF**  
Peanut Butter & Jelly Sandwich **GF**

## A LA CARTE ITEMS

Activia Yogurt **GF**  
Greek Yogurt **GF**  
Banana **GF VG**  
Fresh Fruit Cup **GF VG**  
Peaches **GF VG**  
Pears **GF VG**  
Apple **GF VG**  
Orange **GF VG**  
English Muffin **GF**  
Muffin  
(*Banana Nut or Blueberry*) **GF**  
Bagel (*Plain, Cinnamon-Raisin, Everything*) **GF**  
Cinnamon Raisin Toast

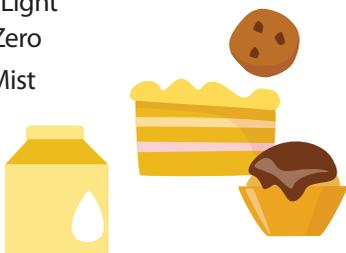
## STARTERS, SIDES, SOUPS & SALADS

Shrimp Cocktail  
Chicken Wings  
Steamed Broccoli **GF VG**  
Green Beans **GF VG**  
Southern Greens  
Sweet Glazed Carrots **GF VG**  
Peas **GF VG**  
Corn **GF VG**  
Mixed Vegetables **GF VG**  
Mashed Potatoes **GF**  
Baked or Sweet Potato **GF VG**  
Vegetable Rice Pilaf **VG**  
White Rice **VG**  
Waffle Fries  
Potato Chips (*Baked and Regular*)  
White Cheddar Mac & Cheese

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  
Chicken and Rice Soup  
Sweet Potato Soup **GF**  
Maryland Crab Soup **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  
Lactaid Milk  
Almond or Soy Milk **VG**  
Hot Cocoa  
Assorted Juices  
Pepsi (*Regular and Diet*)  
Gingerale (*Regular and Diet*)  
Crystal Light  
Sprite Zero  
Sierra Mist



## DESSERTS

Seasonal Panna Cotta  
Chocolate Mousse Cake  
Ice Cream (*Regular and Sugar-free*) **GF**  
Sherbet  
Pound Cake  
Apple Pie  
Crème Brûlée  
Key Lime Shooter  
Vanilla Cheesecake  
Carrot Cake  
Vanilla Wafers  
Jello (*Regular and Sugar-free*) **VG**  
Pudding (*Regular and Sugar-free*)  
Fresh Fruit Cup  
Chocolate Cake  
Italian Ice **GF VG**  
Chocolate Chip Cookie  
Brownie **GF**  
Chocolate Chip Cookie **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

