

LABOR & DELIVERY AND POST-PARTUM MENU OPTIONS

BREAKFAST

ENTRÉE SELECTIONS:

- French Toast (30)
- Pancakes (30)
- Waffles (30)
- Scrambled Eggs

Condiments: Regular Syrup (30), Sugar-Free Syrup (4)

BREAKFAST SIDES OPTIONS:

- Breakfast Meat: Turkey Sausage/ Ham/ Bacon
- Bread: Plain Bagel (34)/ Whole Wheat Toast (30)/ White Toast (30)
- Blueberry Muffin (30)
- Assorted Cereals: Corn Flakes (18)/ Cheerios (14)/ Raisin Bran (27)/ Kashi (35)/ Rice Krispies (21)/ Cinnamon Toast Crunch (22)
- Greek Yogurt with Fruit (30)

BEVERAGES

- Apple Juice (15)
- Orange Juice (15)
- Cranberry Juice (15)
- Tea (Regular/Decaf)
- Coffee (Regular/Decaf)
- Ginger Ale (20)
- Diet Ginger Ale
- 2% Milk (12)
- Skim Milk (11)
- Chocolate Milk (25)
- Soy Milk (8)
- Almond Milk (15)

DESSERTS

- Dessert of the Day (varies)
- Fresh Fruit Bowl (15)
- Apple Slices (15)
- Fruit Cup (15)
- Pudding (Vanilla/Chocolate) (20)
- Jell-O (25)
- Lorna Doone Cookies (19)

LUNCH

ENTRÉE SELECTIONS:

- Herb Chicken Breast on Brioche (30)
- Burger: Hamburger (25)/ Cheeseburger (25)/ Veggie Burger (25)/ Turkey Burger (25)
- Chicken Parmesan on Brioche (40)
- Pizza: Cheese (105)/ Pepperoni (105)/ Veggie (105)
- Hummus with Raw Vegetables (25)

LUNCH PRE-MADE ENTRÉE SALADS:

- Southwest Chicken Salad (35)
 - Grilled Chicken/Salmon Caesar Salad (11)
 - Cottage Cheese & Fresh Fruit Plate (30)
 - Spinach Salad with Dried Cranberries (20)
 - Grilled Chicken Tender Salad (20)
- Salad Dressing: Ranch, Italian, Red Wine*

DINNER

ENTRÉE SELECTIONS:

- Cheese Manicotti with Garlic Bread (45)
- Bistro Chicken (46)
- Grilled Salmon
- Meat Lasagna with Garlic Bread (45)
- Red Beans with Rice (35)
- Quesadilla: Cheese (35)/ Chicken (50)/ Veggies (63)
- Chicken Caesar Salad Entrée (11)
- Mozzarella and Red Pepper Sandwich (20)

DINNER SIDES OPTIONS:

- Mashed Potatoes (17)
- White Rice (16)
- Steamed Broccoli (5)
- Steamed Green Beans (7)
- Corn (18)
- Caesar Salad (10)
- Baked Potato (28)
- Loaded Baked Potato (30)

ALWAYS AVAILABLE

SIDE SELECTIONS:

- Mixed Green House Salad (4)
- Spinach House Salad (10)
- Cucumber and Tomato Salad (12)
- Kale & Cranberries w/ Chicken Salad (12)
- Fresh Tomato and Mozzarella (5)
- French Fries (22)
- Baked Chips (20)
- Pretzels (22)

DELI ENTRÉE SELECTIONS:

- Slice Turkey Sandwich (30)
- Chicken Salad Sandwich (30)
- Egg Salad Sandwich (30)
- Tuna Salad Sandwich (36)

VEGETARIAN SELECTIONS:

- Spaghetti with Meatless Tomato Sauce (15)
- Kidney Beans over Rice (30)
- Stir Fry Vegetables over Rice (20)
- Macaroni and Cheese (30)
- Vegetable Soup (10)
- Grilled Cheese Sandwich (30)
- Grilled Cheese with Tomato Sandwich (30)
- Pizza: Cheese (105)/ Pepperoni (105)/ Veggie (105)
- Cheese and Cracker Bowl (10)
- Peanut Butter and Jelly Sandwich (35)
- Fresh Fruit Plate (35)
- Egg Salad Sandwich (30)
- Egg Salad Plate

For more Vegetarian/Gluten-Free/Kosher options, please contact your Attendant at 443-481-5675 (1st and 2nd Floor) or 443-481-5676 (3rd Floor)

GRAMS OF CARBOHYDRATE ARE IN PARENTHESIS

PRE-SELECTED MENU

BREAKFAST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
French Toast (30) Bacon Corn Flakes (18) Peaches (15) Non-Fat Milk (11) Coffee/Tea	Waffles (30) Scrambled Eggs Ham Fruit Cup (15) Non-Fat Milk (11) Coffee/Tea	Pancakes (30) Turkey Sausage Links Cheerios (14) Apple Slices (16) Non-Fat Milk (11) Coffee/Tea	Cheese Omelet Plain Bagel (34) Bacon Banana (27) Non-Fat Milk (11) Coffee/Tea	Waffles (30) Ham Corn Flakes (18) Peaches (18) Non-Fat Milk (11) Coffee/Tea	Scrambled Eggs Blueberry Muffin (30) Turkey Sausage Fruit Cup (15) Non-Fat Milk (11) Coffee/Tea	Pancakes (30) Turkey Sausage Links Raisin Bran (27) Banana (27) Non-Fat Milk (11) Coffee/Tea

LUNCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hamburger on Brioche (25) French Fries (20) Steamed Carrots (10) Fruit Cup (15) Iced Tea	Roast Turkey with Gravy (5) Sweet Potatoes (23) House Salad (5) Tropical Fruit (16) Iced Tea	Pepperoni Pizza (105) Cucumber and Tomato Salad (12) Fruit Cup (15) Iced Tea	Cheeseburger on Brioche (25) Pretzels (22) Tomato and Mozzarella (5) Iced Tea	Herb Chicken Sandwich (30) Kale & Cranberry Salad (12) Fruit Bowl (35) Iced Tea	Southwest Chicken Salad (35) Dinner Roll (15) Apple Slices (16) Iced Tea	Chicken Salad Sandwich (30) Baked Chips (19) Fruit Cup (15) Iced Tea

DINNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bistro Chicken (46) Green Beans (7) Confetti Rice (24) Dinner Roll (15) Angel Food Cake (52) Iced Tea	Chicken Quesadilla (50) Roasted Carrot Stick (5) Lorna Doone Cookies (19) Iced Tea	Chicken Caesar Salad (11) Dinner Roll (15) Peaches (18) Iced Tea	Rotisserie Chicken (11) House Salad (5) Loaded Potato(21) Dinner Roll (15) Pineapple Chunks (20) Iced Tea	Cheese Manicotti (45) Side Caesar Salad (8) Garlic Bread (15) Peaches (18) Iced Tea	Grilled Salmon Lemon Orzo (35) Green Beans (7) Dinner Roll (15) Lorna Doone Cookies (19) Iced Tea	Meat Lasagna (40) Italian Blend Vegetables (9) Garlic Bread (15) Grapes (20) Iced Tea

GRAMS OF CARBOHYDRATE ARE IN PARENTHESIS

Patient with gestational diabetes will have a different pre-selected meal

Questions? Please call your Attendants at
443-481-5675 (1st and 2nd Floor) or
443-481-5676 (3rd Floor)

Live Feedback!

We Would love to hear from you while you are in the hospital. Please visit <https://luminis.health/MBUnutrition> or scan QR Code and let us know about your experience.

