

WE BELIEVE IN THE

*Power* OF  
FOOD  
MENU

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*We Believe...*

In the power of food to advance your healing and aid in your wellbeing. Its power to connect, comfort, restore and rejuvenate. Motivated by this belief, our team of Chefs have put together a menu of daily specials featuring fresh ingredients which are locally sourced whenever possible. These modern offerings will be tailored to meet your specific dietary needs providing you with an exceptional experience.

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*Please Enjoy...*

A Patient Care Host/Hostess will visit you ahead of each meal to answer questions and guide you through the ordering process.



ACCORDING TO THE CDC...

2 million people are admitted to the hospital each year w/ antibiotic resistant infections. To help reduce that number, our chefs are proud to use No Antibiotic Ever (NAE) meats and sustainably sourced seafood in all the meals we prepare at Lancaster General Hospital. For both your health and the health of the environment, we also offer plant-forward and vegetarian menu options. Please ask a patient dining associate with any requests.



NO ANTIBIOTIC.  
EVER.



# DAILY Specials



SCAN QR CODE  
FOR ADDITIONAL  
MENU CHOICES

Your Diet...

LIKE YOUR MEDICATION, IS AN IMPORTANT PART OF YOUR TREATMENT AND MAY SPEED YOUR RECOVERY. YOU WILL RECEIVE THE DIET ORDERED BY YOUR DOCTOR WHO MAY TRANSITION YOUR DIET THROUGH YOUR STAY.

## Sunday

- B CLASSIC AMERICAN**  
whipped scrambled eggs, sausage, herb crusted breakfast potatoes
- L CHICKEN MARSALA PASTA**  
pan seared chicken, sundried tomato & broccoli rabe penne pasta w/ evoo, parmesan cheese & fresh herbs, crimini mushroom marsala sauce & served w/ hearty broccoli cheddar soup
- D BEEF STROGANOFF**  
braised beef w/ mushrooms & thyme in a demi-glace sauce, herb noodles, blanched carrots served w/ local granola topped apple crisp

## Monday

- B STUFFED BLUEBERRY BLINTZ**  
sweet cream stuffed crepes w/ warm blueberry compote & turkey sausage
- L SPANISH CHICKEN TINGA**  
braised chicken thigh in mild soffritto sauce, cilantro lime rice, garlic oregano black beans, topped w/ roasted tomato salsa & served w/ creamy tomato bisque
- D PERSONAL PAN MEATLOAF**  
fresh herb meatloaf w/ beef gravy, olive oil whipped mashed potatoes, a mixture of broccoli, cauliflower & carrots in herb basting oil

## Tuesday

- B CRUST-LESS QUICHE**  
hash brown potatoes, sharp cheddar, turkey sausage, nutmeg & parsley baked in a warm egg custard & served w/ honey custard french toast
- L MAPLE ROSEMARY SALMON**  
fresh Atlantic salmon with maple rosemary glaze/ Butternut squash rice pilaf & Reese's PB cupcake
- D LANCASTER POT PIE**  
traditional roasted chicken w/ PA dutch noodles served w/ fresh seasoned broccoli florets & house-made cream cheese whoopie pie

## Wednesday

- B BANANA FOSTERS PANCAKE**  
buttermilk pancakes w/ warm banana fosters sauce, whipped scrambled eggs & seasonal fruit
- L TURKEY BURGER**  
house pressed garlic herb turkey burger on a cracked oat roll w/ lettuce, tomato & sweet potato fries served w/ vegetable beef & rosemary soup & double chocolate brownie
- D BEEF POT ROAST**  
slow roasted 12 hour braised pot roast w/ beef gravy, olive oil whipped mashed potatoes & fresh herb zucchini served w/ roasted banana pudding

## Thursday

- B BREAKFAST SKILLET**  
17 spice homestyle potatoes topped w/ bell peppers, caramelized onion and scrambled egg
- L HONEY MUSTARD CHICKEN**  
pan seared chicken w/ honey & whole grain mustard sauce, wild rice pilaf, lemon parsley crusted roasted broccoli & cauliflower served w/ chicken & rice soup
- D LOCAL ROAST TURKEY**  
golden roast turkey w/ pan drippings sauce, fresh bread dressing, pureed sweet potatoes w/ nutmeg & berry served w/ lancaster zucchini bread muffin w/ citrus mousse

## Friday

- B OVERNIGHT OATS**  
raisins & greek yogurt sweetened with cinnamon, honey & nutmeg served w/ scrambled eggs
- L MARYLAND CRAB CAKES**  
fresh crab meat w/ mixed cajun spices, fresh herbs & panko bread crumbs, creamy cauliflower mac & cheese & stewed tomatoes served w/ beef & barley soup
- D CHICKEN SCHNITZEL**  
german style pounded thin and pan seared in a caramelized vegetable sauce, herb egg noodles, braised red cabbage w/ molasses & apples served w/ whipped mocha mousse

## Saturday

- B CREME BRULEE**
- FRENCH TOAST**  
texas toast soaked in honey custard topped w/ warm peach sauce served w/ crispy bacon
- L SMOKEHOUSE CHICKEN**  
slow roasted rotisserie chicken in kansas style bbq w/ caramelized onion spread on a whole wheat roll, rosemary dijon potato salad and baked beans served w/ creamy potato soup
- D HERB PORK LOIN**  
pork seared w/ garlic herb crust, vegetable demi-glace, rosemary roasted potatoes and minted scented peas

### REGULAR

No diet restrictions

### HEART HEALTHY CARDIAC / LOW SODIUM

Food are prepared w/o salt & include fresh fruits/vegetables, lean meats and whole grains. Salt & added fats like margarine, gravy, & salad dressing are limited.

### CONSISTENT CARBOHYDRATE

Carbohydrate containing foods have the greatest effect on blood sugar. You will be served the same amount of carbohydrates at each meal. Carbohydrate containing foods include breads, cereals, potatoes, pasta, rice, beans, milk and milk products, fruit & fruit juices, sodas and sweets/desserts.

### CLEAR LIQUIDS

You will be served clear liquids including juices, coffee, tea, broth, and jell-o. Milk/cream will not be served w/ coffee.

### FULL LIQUIDS

In addition to clear liquids, you may enjoy milk & milk products including pudding & yogurt.



ALWAYS  
AVAILABLE

# Menu

Liquid Diets

## Breakfast

### ENTREE & SIDES

pancake / french toast / waffle / hard boiled or scrambled eggs / bacon turkey or pork sausage / hash brown patty available all day: egg & cheese brioche sandwich w/ provolone & strawberry jam

### OMELET

cheese / vegetable / denver

### BAKERY & BREAD

white / wheat / rye / bagel english muffin / blueberry muffin

### CEREAL

oatmeal / cream of wheat / cheerios / rice krispies / raisin bran / fruit loops frosted flakes / cornflakes / special k shredded or frosted mini wheats

## House Favorites

### FROM THE GRILL

cheeseburger / hamburger vegetable quesadilla w/ zucchini & onion / cheese quesadilla

### ENTREES

roast turkey / grilled chicken / baked cod / vegetable lasagna / pasta with marinara macaroni & cheese / hearth made pizza

### SIDES

carrots / green beans / corn / peas house salad / french fries / pasta mashed potatoes / rice / red beans & rice / baked potato / dinner roll

## Clear Liquids

### JUICE

apple / cranberry / grape

### BONE BROTH

beef / chicken / vegetable

### COFFEE

regular or decaf

### TEA

regular / herbal / green / decaf

### COLD DRINK

iced tea / soda / fruit punch / lemonade

### GELATIN

regular & sugar-free

### FROZEN

italian ice / popsicles

## Light Fare

### FRUIT

apple / orange / banana / grapes fresh fruit cup / fruit cocktail / pears peaches / pineapple / applesauce

### YOGURT & MORE

strawberry / strawberry banana / peach / raspberry / greek strawberry greek vanilla / cottage cheese string cheese

### PLATTERS

cottage cheese & fruit platter continental plate w/ fresh fruit, vanilla yogurt, blueberry muffin and hard boiled egg

## Delic

### SALADS

herb chicken caesar salad  
\* seasonal rotation (ask your host for details)

### SANDWICH

chicken salad w/ cranberries & pecans  
tuna salad / egg salad / cheese / pb&j  
\* seasonal rotation (ask your host for details)

## Full Liquids

### ALL DRINKS

### CEREAL

strained oatmeal / cream of wheat

### SOUP & BONE BROTH

all bone broths / tomato / blended soup chicken noodle / vegetable

### PUDDING

regular and sugar free vanilla & chocolate

### GELATIN

regular & sugar-free cherry lime / orange

### CUSTARD

regular & sugar-free

### FROZEN

regular & sugar-free ice cream / sherbert popsicles / italian ice

## Drinks

**COFFEE** regular / decaf

**TEA** iced / hot / decaf

**JUICE** apple / cran / grape / OJ / prune / v8 / tomato

**MILK** skim / 2% / chocolate / unsweetened / almond

**SUGAR FREE** soda / lemonade fruit punch

**HOT CHOCOLATE**

## Sweets

### DESSERTS & MORE

brownie / angel food cake / chocolate chip cookie / vanilla wafers / pudding / jello

### FROZEN

ice cream / sherbert / italian ice / popsicle

Please Note

SOME FOOD MAY NOT BE APPROPRIATE BASED ON YOUR DIET OR FOOD ALLERGIES. THE DIETARY TEAM WILL MAKE CHANGES AS NEEDED.



NEW

simply spectacular  
**SANDWICHES**

ASK YOUR HOST FOR DETAILS!







## a.m. jumpstart

assorted fresh fruit, hard-boiled egg, house made blueberry crumb muffin



## huevos rancheros

southwestern sweet potato hash, peppers, onion, fried egg, salsa, crumbled cheese

for a limited

*Rise and Dine*

time only!



## spinach & parmesan egg bite

cheesy spinach egg bite, roasted red potato hash



## nitty gritty bowl

country-style grits, cheddar cheese, scrambled egg, crispy bacon, chopped scallion