

WE BELIEVE IN THE
Power OF
FOOD
MENU

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.

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 LEMON HERB COD AL FORNO**
Forno, meaning "from the oven" served over a Tuscan farro risotto with kale and smoky tomato broth served with 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 STYLE SALSA VERDE CHICKEN & RICE BOWL**
slow roasted pulled chicken tossed in a roasted tomatillo sauce cilantro lime rice, garlic oregano/black beans, topped w/ salsa rojo & served w/ creamy tomato bisque and a Mexican hot chocolate trifle
- 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 OLD BAY PENNE PASTA BOWL**
Penne pasta tossed with fresh vegetables and creamy white wine sauce with a choice of old bay shrimp or grilled chicken served w/ vegetable beef & rosemary soup & double chocolate brownie
- D SLOW ROASTED BEEF BOURGUIGNON**
Local pot roast slow roasted for 12 hours and finished with a red wine demi-glace, rosemary polenta & a caramelized carrot and pearl onion medley served w/ roasted banana pudding

Thursday

- B BREAKFAST SKILLET**
17 spice homestyle potatoes topped w/ bell peppers, caramelized onion and scrambled egg
- L LEMON ROSEMARY CHICKEN THIGH**
herb marinated chicken, roasted fingerling potatoes, & ranch seasoned asparagus topped with lemon zest and fresh herbs 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

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

grilled chicken sandwich/cheeseburger /
hamburger/ chicken or vegetable
quesadilla w/ zucchini & onion / cheese
quesadilla/ grilled cheese

ENTREES

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

Del

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)

Sweets

DESSERTS & MORE

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

FROZEN

ice cream / sherbert / italian ice /
popsicle

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

Please Note

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