



Women & Babies Hospital

Room Service

Menu



Penn Medicine
Lancaster General Health



Ordering Information

Welcome to Penn Medicine Lancaster General Health Women & Babies Hospital! This is your personal menu and stays in your room during your hospital stay. This menu offers a variety of appetizing foods to meet your basic nutritional needs as well as satisfy your food preferences.

Timing

- Breakfast service starts at 7 am
- Lunch service begins at 11 am
- Dinner service begins at 3 pm and ends when our kitchen closes at 7 pm

Ordering

- To place a meal order, simply pick up your telephone and dial extension 43003. A Dining Service Representative can assist you with your selections.
- If you do not place an order 1 hour prior to the end of the meal service time, a Dining Service Representative will contact you to ensure your needs are met. During your stay, we invite the person of your choice to join you for one complimentary meal. If this person requires additional meals, you may buy a voucher in our Café.
- Lunch and dinner vouchers are \$12.00
- Breakfast vouchers are \$6.00

Tray delivery/pick-up

All trays will be delivered within 45 minutes of the time the order was taken. Trays will be picked up 45 minutes-1 hour after delivery. This is to ensure your food is at its best quality. If you did not finish your meal we will bring you a fresh plate.

Diet Information*

These icons appear throughout the menu to indicate foods allowed on the following diets:

C Clear Liquids Diet

This diet includes a limited selection of fluids. You may have this diet before and after surgery or when you have problems eating your usual food. You may have this diet post-surgery as you move between a liquid and solid foods diet.

CC Consistent Carbohydrate Diet

- () The number in parenthesis represents the number of carbohydrate exchanges in that item. This diet permits 3-5 carbohydrate choices per meal.
- If there is not a number indicated in () the food contains approximately zero grams of carbohydrates in the serving.
- If **CC** is not listed a food it is not permitted on this diet.

Fat Restricted Diet

GI Gastrointestinal Diet

For periods of gastrointestinal dysfunction, after surgery, or as you move to a regular diet. This diet includes easily-digested and moderately low-fiber foods.

GDM Gestational Diabetes Diet

- () The number in parenthesis represents the number of carbohydrate exchanges in that item. Your doctor will determine how many carbohydrate servings are permitted per meal.
- If there is not a number indicated in () the food contains approximately zero grams of carbohydrates in the serving.
- If **GDM** is not listed on a food it is not permitted on this diet.

R Regular Diet

This diet does not have any dietary restrictions. You may select one entrée, up to 2 sides 1 dessert and 3 beverages per meal period. There are 3 meal periods a day: breakfast, lunch and dinner.

V⁺ Vegan Diet

This diet excludes all animal products such as dairy, eggs, honey, meat, poultry and fish.

V Vegetarian Diet

This diet excludes meat, poultry and seafood. It does include dairy, eggs and honey.

*The food service operator verifies these diets.

Breakfast Entrées

W.B.H. Sunrise Special GI V

French toast, scrambled eggs, home fries or Tater Tots **CC(1)GDM(1)GI**, orange juice and coffee

Fried or Scrambled Eggs CC GI GDM V

Fried eggs any style or fluffy scrambled eggs, may add American, Swiss, cheddar or provolone cheese

2-Egg Omelet CC GI GDM V

Omelet made to order with your choice of fillings to include cheese **GI**, sausage, bacon, turkey bacon, ham **GI**, onions, peppers, mushroom **GI**, tomato and spinach

Breakfast Burrito CC(1)GDM(1)

Scrambled eggs, bacon, onion, pepper, tomato and cheese wrapped in a flour tortilla with side of salsa and sour cream

Breakfast BLT CC(2)GDM(2)

Hard fried egg with bacon, lettuce, tomato and Dijon sauce on an English muffin

****Low cholesterol eggs or egg whites may be substituted for whole eggs****

French Toast GI V

2 slices of bread dipped in cinnamon batter fried golden brown

- French Toast 1 slice **CC(1)GDM(1)**

Pancakes GI V

Short stack of pancakes served golden brown, may add blueberry, chocolate chip **GI** or banana **GI**

- 1 pancake served golden brown **CC(2)GDM(2)**

Hot Sides

Bacon, turkey bacon, sausage, Tater Tots **CC(1)GDM(1)GI** or home fries **CC(1)GDM(1)V†V**



Breakfast Bakery

Muffins

Blueberry

Bran

Chocolate chip 

Banana nut

Toast (1) (1) (dry)

White 

Wheat

Rye

English muffin (2) (2) (dry)

Bagel (dry)

Served with butter, margarine, regular or light cream cheese, strawberry jelly, grape jelly or diet jelly.

****Gluten-Free Available****

Cereals

Assorted dry cereals

- Carbohydrate exchange will vary by cereal, ask when ordering
- Some cereals are Vegan, ask when ordering

Cold whole, low-fat or fat-free milk  (1)   (1) 

Cold non-dairy milk     

Cream of wheat (1.5) (1.5)

Oatmeal (2) (2)

Toppings:

cinnamon   

brown sugar 

raisins  (1)  (1)

craisins  (1)  (1)

granola  (.5)  (.5)



Lite Fare Menu

Hand Fruit

Banana  (2)   (2), orange  (1)  (1), apple  (1)  (1)

Fresh Cut Fruit (1) (1)

Your choice of honeydew, cantaloupe, watermelon, grapes, pineapple or blueberries

Fresh Fruit Salad (1) (1)

Fruit Cocktail (1) (1)

Yogurt and Fruit Parfait (2) (2)

Creamy vanilla yogurt with strawberry topping and granola

Fresh Vegetable Crudité (1) (1)

Cucumber, carrots and broccoli served with a ranch dip

Sliced Apple with Peanut Butter (2) (2)

Sliced red apples accompanied with creamy peanut butter

Soft Pretzel (2.5) (2.5)

Baked soft pretzel with or without salt served with mustard dip

Cottage Cheese (1.5) (1.5)

Rich cottage cheese served with seasonal fruit  

Hummus and Pita Platter (4.5) (4.5)

Hummus, pita, cucumber, grapes and lemon

Snacks

Pretzels (1.5) (1.5)

Multigrain Sun Chips (2) (2)

Baked Lays (2) (2)

White cheddar popcorn (1) (1)

Chobani Greek nonfat yogurt

Low-fat vanilla yogurt (1) (1)

– Choice of strawberry & granola topping 

Soups

Homemade chicken noodle soup (1) (1)

Tomato soup (1) (1)

Soup of the day

Beef or chicken broth

Vegetable broth



Entrée Salads

Cobb Salad

Romaine, turkey, olive, blue cheese, tomato, bacon and egg

Taco Salad

Spiced beef served atop a bed of romaine lettuce, tortilla strips, onion, tomato, cheddar cheese and peppers, complimented with salsa and sour cream

Spinach Salad

Tender baby spinach, with sliced strawberries, roasted sunflower seeds, red onion, and feta

Caesar Salad



Hearty romaine lettuce with parmesan and croutons

Add: Chicken, salmon or shrimp to any salad

Dressings : Blue Cheese, Creamy Caesar, Ranch, Golden Italian ,
Balsamic Vinaigrette , Oil & Vinegar 

Dressings : Creamy French, Thousand Island, fat-free Raspberry Vinaigrette 

Build Your Own Sandwich

Bread: White , wheat , rye ,
tortilla , white bun , wheat bun ,
white sub roll , pretzel roll 

Protein : Turkey , ham , tuna salad, chicken salad, egg salad ,
bacon, chicken 

Cheese: American , Swiss , cheddar  and provolone 

Toppings : Lettuce, tomato, onion, pickle

Toppings : Bacon

Burgers









Deluxe Burger

Fresh made burger with your choice of toppings on a wheat bun 

Plant-based Burgers

Choice of the Black Bean Burger  or Beyond Burger  with
your choice of toppings on a wheat bun  or white bun 

Grilled Chicken Sandwich



Grilled skinless chicken breast on your choice of wheat bun  or white
bun 

Choice of Toppings above























Pizza & Pasta

Hand Stretched Pizzas

Pepperoni, cheese  

Pasta Bar (2.5) (2.5)

Enjoy tender pasta with choice of marinara  (.5)   (.5)   or Alfredo sauce  (.5)   (.5)  and then add chicken   , shrimp   , meatball   or salmon   

All American Fare

Turkey Avocado Ranch Club Sandwich (3) (3)

Turkey, avocado ranch, bacon, tomato and lettuce

Chicken Caesar Wrap (1) (1)

Hearty romaine lettuce with parmesan, Caesar dressing and tomato

Chicken Quesadilla (1) (1)

Cheddar cheese and chicken griddled to perfection in a tortilla

Tuna Melt (2) (2)

Griddled sandwich with tuna salad and American cheese on white or wheat bread

Grilled Cheese (2) (2)

Griddled sandwich with American cheese on white  or wheat bread

Chicken Tenders (1) (1)

Golden fried chicken tenders



Chef Specials

Chicken Cordon Bleu (1) (1)

Seared breast of chicken topped with ham, Swiss cheese and alfredo sauce

Roast Turkey and Gravy

with succulent bread stuffing  (2)   (2)

Teriyaki Salmon (1) (1)

Oven-roasted salmon, glazed with a pineapple teriyaki

White Cheddar Macaroni & Cheese (2) (2)

Creamy white cheddar macaroni and cheese

Broiled Crab Cake (.5) (.5)

Fresh crab cake lightly seasoned and broiled to perfection

Grilled Strip Steak w/Burgundy Sauce (.5) (.5)

Pan seared New York strip steak enriched with burgundy wine sauce

Stir Fry (3) (3)

Crunchy Asian vegetable in a light sauce served over white rice.

May add chicken, shrimp or salmon



Side Dishes

Baby carrots **CC** **GI** **GDM** **V+** **V**

Green beans **CC** **GI** **GDM** **V+** **V**

Broccoli **CC** **GDM** **V+** **V**

Buttered corn **CC**(1) **GDM**(1) **V**

Roasted vegetables **CC** **GDM** **V+** **V**

Vegetable du jour **CC** **GDM** **V+** **V**

Baked potato **CC**(3) **GDM**(3) **V+** **V**

Mashed potato
with gravy **CC**(1) **GI** **GDM**(1) **V**

French fries **CC**(1.5) **GDM**(1.5) **V+** **V**

Sweet potato fries **CC**(2) **GDM**(2) **V+** **V**

Steamed white rice **CC**(3) **GDM**(3) **V+** **V**

Buttered noodles **CC**(2) **GI** **GDM**(2) **V**

Small garden salad **CC** **GDM** **V+** **V**

Small Caesar salad **CC**(.5) **GDM**(.5) **V**

Applesauce **CC**(1) **GI** **GDM**(1) **V+** **V**

Peaches **CC**(1) **GI** **GDM**(1) **V+** **V**

Desserts

Cheesecake with Strawberry Topping **GI** **V**

Cookie - Chocolate Chip **GI** **V**, Sugar **GI** **V**, Oatmeal Raisin **V**

Fresh Fruit Salad **CC**(.5) **GDM**(.5) **V+** **V**

Peanut Butter Pie **V**

Mocha Mousse with Chocolate Chip Cookie **GI**

Roast Banana Pudding with Vanilla Wafers **GI** **V**

Angel Food Cake **CC**(1) **GI** **GDM**(1) **V** with Strawberries **CC**(1.5) **GI** **GDM**(1.5) **V+** **V**

Chocolate or Vanilla Pudding **GI** **V**

Chocolate or Vanilla Ice Cream **GI**

Fat-free no-added sugar Ice Cream **CC**(1) **GI** **GDM**(1)

Water Ice **C** **GI** **V+** **V** - Cherry **CC**(1) **GDM**(1), Lemon **CC**(2) **GDM**(2)

Assorted Popsicles **C** **CC**(1) **GI** **GDM**(1) **V+** **V**

Assorted Gelatin **C** **GI**

Assorted SF Gelatin **C** **CC** **GI** **GDM**

Beverages

Milk - Whole **CC**(1) **GI** **GDM**(1) **V**, 2% **CC**(1) **GI** **GDM**(1) **V**, fat-free **CC**(1) **GI** **GDM**(1) **V**

Cold non-dairy milk **CC** **GI** **GDM** **V+** **V**

Cold Drinks **C** **CC** **GI** **V+** **V** - Bottled water, unsweetened iced black tea, diet Coke, diet Pepsi, Pepsi zero, diet Sierra Mist, diet ginger ale, Powerade, zero sugar sweet tea

Juice - Orange **CC**(1) **GI** **GDM**(1) **V+** **V**, apple **C** **CC**(1) **GI** **GDM**(1) **V+** **V**, diet cranberry **C** **CC** **GI** **GDM** **V+** **V**, pineapple **CC**(1) **GI** **GDM**(1) **V+** **V**, grape **C** **CC**(1) **GI** **GDM**(1) **V+** **V**, V-8 **CC**(.5) **GI** **GDM**(.5) **V+** **V** prune **CC**(1.5) **GDM**(1.5) **V+** **V**

Hot Beverages - Coffee **C** **CC** **GI** **GDM** **V+** **V**, decaf coffee **C** **CC** **GI** **GDM** **V+** **V**, tea **C** **CC** **GI** **GDM** **V**, decaf tea **C** **CC** **GI** **GDM** **V+** **V**, herbal tea **C** **CC** **GI** **GDM** **V+** **V**, SF hot chocolate **CC** **GDM** **V+** **V**

Condiments

R Regular Diet

| | | | |
|-------------------|------------------|----------------|----------------|
| Butter | Strawberry Jelly | Honey | Lite Mayo |
| Margarine | Assorted | Cinnamon | Cocktail Sauce |
| Melted Butter | Sugar-free Jelly | Salt | Tartar Sauce |
| Cream Cheese | Peanut Butter | Pepper | BBQ Sauce, Hot |
| Lite Cream Cheese | Sugar, Splenda | A1 Steak Sauce | Sauce, Salsa, |
| Cream | Brown Sugar | Ketchup | Saltines |
| Sour Cream | Syrup | Mustard | |
| Grape Jelly | Sugar-free Syrup | Honey Mustard | |

GI Gastrointestinal Diet

| | | | |
|-------------------|-------------------------------------|------------------|--|
| Butter | Strawberry Jelly (not preserves) | Splenda | Ketchup |
| Margarine | Grape Jelly | Syrup | Mustard (No whole grain or spicy mustard) |
| Melted Butter | Assorted | Sugar-free Syrup | Honey Mustard |
| Cream Cheese | Sugar-free Jelly | Honey | Lite Mayo |
| Lite Cream Cheese | Peanut Butter | Cinnamon | Tartar Sauce |
| Cream | Sugar | Salt | BBQ Sauce |
| Sour Cream | Brown Sugar | Pepper | Saltines |

CC Consistent Carbohydrate Diet **GDM** Gestational Diabetes Diet

| | | | |
|-------------------|------------------|----------------|--------------|
| Butter | Assorted | Pepper | Tartar Sauce |
| Margarine | Sugar-free Jelly | A1 Steak Sauce | BBQ Sauce |
| Melted Butter | Peanut Butter | Ketchup | Hot Sauce |
| Cream Cheese | Splenda | Mustard | Salsa |
| Lite Cream Cheese | Sugar-free Syrup | Honey Mustard | Saltines |
| Cream | Cinnamon | Lite Mayo | |
| Sour Cream | Salt | Cocktail Sauce | |

V Vegan

| | | | |
|------------------|------------------|----------------|-----------|
| Strawberry Jelly | Brown Sugar | Pepper | BBQ Sauce |
| Grape Jelly | Splenda | A1 Steak Sauce | Hot Sauce |
| Assorted | Syrup | Ketchup | Salsa |
| Sugar-free Jelly | Sugar-free Syrup | Mustard | Saltines |
| Peanut Butter | Cinnamon | Honey Mustard | |
| Sugar | Salt | Cocktail Sauce | |

V Vegetarian

| | | | |
|-------------------|------------------|------------------|----------------|
| Butter | Grape Jelly | Sugar-free Syrup | Honey Mustard |
| Margarine | Assorted | Honey | Lite Mayo |
| Melted Butter | Sugar-free Jelly | Cinnamon | Cocktail Sauce |
| Cream Cheese | Peanut Butter | Salt | Tartar Sauce |
| Lite Cream Cheese | Sugar | Pepper | BBQ Sauce |
| Cream | Brown Sugar | A1 Steak Sauce | Hot Sauce |
| Sour Cream | Splenda | Ketchup | Salsa |
| Strawberry Jelly | Syrup | Mustard | Saltines |

Special Dietary Considerations for Breastfeeding Mothers

While breastfeeding, eating healthy foods is especially important for you and your baby. Your diet may need to change. You will need to:

- Eat about 500 extra calories each day.
- Eat 15 extra grams of protein each day.
- Try to drink 8 glasses of liquid every day. This can include milk, water, fruit or vegetable juices.
- Consume enough calcium. Both women who are breastfeeding and those who are not need the same amount of calcium:
 - Age 18 or younger: 1300 mg of calcium per day.
 - Age 19 and older: 1000 mg of calcium per day.

Milk: Four cups of milk meets the nursing mother's daily calcium need. However, milk is not the only source of calcium for breastfeeding mothers. Talk to lactation support about other options for calcium.

Prenatal Vitamins: It is usually recommended that you keep taking your prenatal vitamins unless your caregiver asks you to stop.

Despite popular belief, during breastfeeding you do not need to eat or avoid any foods. Moderation is key. The natural variation in your diet alters the flavor of your milk. This better prepares your baby for eating solids when they are older.

Keep these recommendations in mind:

- **Caffeine** – moderate intake of caffeine causes no problems for breastfeeding mothers. Try to limit yourself to 2 servings of caffeine each day.
- **Alcohol** – do not drink alcohol if you are breastfeeding. Alcohol crosses into the breast milk.
- **Diets** – avoid low calorie or fad diets if you are breastfeeding. Your supply of breast milk can decrease if you go on a diet to lose weight. Eating a healthy diet helps get you and your baby off to a good breastfeeding start.