

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 ALTERNATE
DIET MENUS

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 & a toasted english muffin
- 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 MEDITERRANEAN SALMON**
fresh atlantic salmon w/ EVOO, basil & bay leaf, creamy farro risotto w/ ginger cardamom glazed carrots served w/ amish style chicken corn soup & 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/ vegetarian 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 served w/ toasted english muffin
- L HONEY MUSTARD CHICKEN**
pan seared seasoned chicken w/ honey & whole grain mustard sauce, wild rice pilaf and lemon parsley crusted roasted 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**
chocolate, peanut butter & greek yogurt sweetened with cinnamon, honey & cocoa served w/ scrambled eggs & toasted bagel
- 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 jello. Milk/cream will not be served w/ coffee.

FULL LIQUIDS

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