



Accompaniments

AT YOUR REQUEST



Side Dishes

- French Fries
- Potato Filling
- Macaroni & Cheese
- Sauerkraut
- Mashed Potato
- Baked Potato
- Parslied Noodles
- Steamed Rice
- Sliced Carrots
- Beets
- Corn
- Beans & Rice
- Snap Peas
- Fresh Broccoli Florets
- Green Beans
- Peas
- Winter Mix
- Cauliflower

- ♥ Dinner Roll
- ♥ Garlic Toast

Beverages

- Coffee
- Tea
- Raspberry Ice Tea (Sweet)
- Hot Chocolate
- Diet Hot Chocolate
- Cola
- Root Beer
- Milk
- 2%
- Whole
- Chocolate
- Skim Milk
- Decaf Coffee
- Iced Tea
- Hot Tea (Unsweetened)
- Diet Caffeine Free Cola
- Regular or Diet Ginger Ale
- Regular or Diet Sprite
- Diet Lemonade

Desserts

- Assorted Ice Cream
- Chocolate Cake/PB Icing
- Assorted Celatins
- Assorted Puddings
- Chocolate Chip Cookie
- Soft Sugar Cookie
- Lemon Crunch Pie
- White Cake/White Icing
- Warm Bread Pudding
- Seasonal Fresh Fruit
- Peaches, Pears or Applesauce
- Angel Food Cake
- Warm Fruit Crisp
- Assorted Sherberts
- Fruit Ice
- Sugar Free Sorbet
- Sugar Free Celatin
- Sugar-free Pudding
- Vanilla Wafers
- Diet Vanilla Yogurt
- Diet Fruited Yogurt

Your satisfaction is our number one priority.

Quality Assurance

We offer outstanding quality of food, customer service and diet education. If we are not exceeding your expectations, please let us know so we can address the issue. Call us at extension 3663.

Guest Meals - \$7.00

Simply dial extension 3663 from any hospital phone between 8:00 am and 5:30 pm to order a guest meal. Please purchase a guest meal voucher (in advance) in the Courtyard Café, which is located on the first floor near the front entrance.

Special Requests

If you have a special restriction or cultural need, we will gladly try to accommodate you.



Call us at (717)270-4848

If you can't find anything you like on the menu.

Call us at (717) 270-3810

If you need information about your diet.

Visitor Dining Services

The Courtyard Café
(Located on the first floor)

Hours: 7:00 a.m. to 6:30 p.m., Mon. – Fri
8:00 a.m. to 3:30 p.m., Sat. – Sun

Menu

We are pleased to offer...



AT YOUR REQUEST

Room Service Dining®

Designed to meet the unique nutritional needs of each guest while in our care.



Some Things to Remember

- Please be sure that your bedside table is cleared to allow us to serve you promptly
- Please restrict your orders to one entrée and two dessert items.
- If your doctor has prescribed a modified diet, some items may not be permitted.

Room Service Hours

Once you have been notified that your physician has prescribed your diet, you are welcome to request food anytime during our regular operating hours:

7:00 a.m. to 6:30 p.m.

To place your order... (717)270-4848

Breakfast



AT YOUR REQUEST

Suggested Breakfast time 8:00 a.m. to 9:00 a.m.

Fruits

- Banana
- Apple
- Orange
- Fresh Fruit Cup
- Seasonal Fresh Fruit
- Applesauce
- Sliced Peaches
- Pear Halves
- Stewed Prunes
- Diet Fruited Yogurt
- Diet Vanilla Yogurt

Juices

- Apple
- Orange
- Cranberry
- Grape
- Prune
- Tomato

Bakery & Breads

- White, Wheat or Rye Bread
- Diet Bread
- Plain Bagel
- English Muffin
- Doughnut
- Blueberry, Bran or Corn Muffin

Cereals

- Assorted Cold Cereals
- Rice Krispies
- Special K
- Puffed Rice
- Shredded Wheat
- Cheerios
- Corn Flakes
- Raisin Bran
- Frosted Flakes
- Fruit Loops
- Oatmeal
- Cream of Wheat

Breakfast Sandwiches

- Egg Sandwich with choice of:
 - Ham
 - Bacon
 - Sausage
 - American Cheese
- Bagel, Toast, English Muffin
- Low Cholesterol Egg Sandwich
 - Low Sodium/Fat Cheese

Breakfast Entrées

- Scrambled Eggs
- Low Cholesterol Eggs
- French Toast
- Pancakes
- Waffles

Omelets (Made To Order)

- Scrambled with choice of:
 - Ham
 - American Cheese
- Low Cholesterol Eggs with choice of
 - Peppers
 - Mushrooms
 - Onions
 - Low Sodium/Fat Cheese

Side Dishes

- Hash Brown
- Bacon
- Sausage
- Grilled Ham

Restrictions

If your doctor has prescribed a modified diet, some items may not be permitted.

For those on a clear liquid diet:

- Chicken, Beef or Vegetable Broth
- A Variety of Jello & Fruit Ice
- Apple, Grape or Cranberry Juice
- Tea, Iced tea
- Ginger Ale, Sprite
- Lemonade
- Sugar-Free Sorbet

Lunch & Dinner



AT YOUR REQUEST

Suggested Lunch time 11:00 a.m. to 2:00 p.m. / Dinner time 4:00 p.m. to 6:00 p.m.

Soups

- Tomato
- Soup of the day
- Broth
- Chicken Noodle
- Low Sodium Tomato
- Low Sodium Home Made Cream of Mushroom
- Low Sodium Home Made Cream of Potato

Side Salads

- Potato Salad
- Cole Slaw
- Tossed Salad
- Pasta Salad
- Low Fat Cottage Cheese

Dressings

- Ranch
- Lite Ranch
- Italian
- Lite Italian
- French
- Lite French
- Thousand Island
- Blue Cheese

Pizza Oven

Personal Pizzas, topped with your choice of:

- Toppings: Pepperoni, Onions, Mushroom, Green Peppers

Pasta Bar

- Pasta
- Spaghetti
- Lasagna
- Sauce
- Meat Sauce
- Marinara

Main Fare

Please choose one...

- Vegetarian Burger
- Hot Dog
- Hamburger
- Cheese Steak
- Fried Fish Sandwich
- Cheeseburger
- Pot Roast
- Baked Chicken Leg/Thigh
- Breaded Chicken Tenders
- Beef Cubes over noodles w/gravy
- Home Style Meatloaf
- Turkey Burger
- Grilled Cheese
- Grilled Chicken Sandwich
- Baked Fish Sandwich
- Chicken Pot Pie
- Roast Pork
- Oven Roasted Turkey or Sandwich
- Grilled Chicken Breast
- Baked Haddock & Lemon Wedge
- Chicken, Beef or Vegetable Stir

- Entree
 - Chicken Caesar Salad
 - Chef Salad
- Salads
 - Fresh Fruit & Cheese
 - Grilled Chicken Salad

Sandwich Bar

- BLT
- Turkey Club
- Build your own, choose from:
 - Meal: Sandwich Ham
 - Turkey
 - Roast Beef
 - Spread: Egg Salad
 - Peanut Butter & Jelly
 - Tuna Salad
 - Chicken Salad
 - Cheeses: American, Swiss
 - Provolone
 - Low Sodium/Fat
 - Breads: White
 - Rye
 - Wheat
 - Diet Bread
 - Tortilla Wrap
 - Extras: Lettuce, Tomato, Sliced Onion, Chips or Pretzels

Please Choose Heart Healthy Menu Items

This heart symbol identifies menu items which are Heart Healthy - containing less than 3 grams of fat per 1 oz. or 1/2 cup serving.

Additional Items

Side Dishes
Beverages
And Desserts
are listed on the back page of the menu.

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