

Liquid Diets

Clear Liquid Diet

Broths: chicken, beef or vegetable

Cranberry Juice

Apple Juice

Grape Juice

Coffee (reg. or decaf)

Hot Tea (reg. or decaf)

Iced Tea (reg. or decaf)

Fruit Ice

Gelatin (reg. or sugar-free)

Full Liquid Diet

Includes all clear liquid items plus the following:

Strained Cream of Tomato Soup

Strained Oatmeal - Cream of Wheat®

Orange Juice

V-8® Juice - Prune Juice

Pudding (reg. or sugar-free)

Ice Cream - Sherbet

Plain Yogurt - Vanilla Yogurt

Milk - Lactaid® Milk

Soy Milk - Chocolate Milk

Visitor Dining

St. Vincent Café

The St. Vincent Café is located on the level C of the hospital and features daily hot entrees, a deli, salad and soup bar, dessert, hot and cold drinks, juice, snacks and much more. It's a nice place to take a break and enjoy a healthy meal.

Café Service Hours Are:

Café: 6:30 a.m. - 7:30 p.m.

Coffee Bar: Weekdays 6:30 a.m. - 6:00 p.m.

Guest Trays

For guests who wish to dine with our patients, guest trays are available for purchase. Please call 5300 to place your order.

St. Vincent's



For Your Information

We are committed to providing you with information about your special diet. If you need your diet explained to you, please inform the room service operator at extension 5545 to contact one of the Inpatient Dietitians.

For Your Diabetic Diet

If a consistent carbohydrate (diabetic) diet has been ordered for you, the number of carbohydrates that our menu items contain is located in parentheses after each item. The Food and Nutrition Services Department offers a flexible meal planning system called carbohydrate counting. When you call to place your meal order, our room service operators will assist you in choosing a balanced meal according to your prescribed diet.

The following table lists the number of carbohydrates recommended per meal according to your prescribed diet:

For Women 3-4 (45-60 gm) carbohydrate choices/meal

For Men 4-5 (60-75 gm) carbohydrate choices/meal

If you need further information regarding your diet after you have been discharged, ask your physician for an order to meet with the Outpatient Dietitian.

For appointments (physicians' order required): (203) 576-5930

- * Numbers noted represent the carbohydrate count for the food item.
- * Some items are limited on certain diets, please ask your server or Dietitian if you have any questions.
- * Dairy products are limited to 1 serving/day for patients on a RENAL diet.

The following items are limited on a RENAL diet

High Sodium Foods: Salt packers, High Sodium Meats like Ham, Bacon, Shrimp, Pastries, some baked goods.

High Potassium Foods: Bananas, Oranges, Tomatoes/tomato products, some Protein Foods

High Phosphorus Foods: Dairy Products (cheese, milk), Some Protein Foods, Foods made with dairy products like ice cream and pudding.

The following items are limited on a Heart Healthy diet

Saturated Fat: Some Protein Foods, Butter, Whole Milk, Half and Half, Pastries
Cholesterol: Eggs, Shrimp, Cheese, Butter, Whole Milk, Half and Half
Sodium or Salt: Salt packers, high sodium meats like Ham, Bacon, Shrimp, some baked goods.

The following items are limited/counted on a Diabetic, or Consistent Carbohydrate diet

Sugar and sugary foods: pastries, desserts, honey, brown sugar
Foods that are primarily starch: breads, pasta, rice, cereals, potatoes
High sodium or salt foods: salt packers, high sodium meats like Ham, Bacon, Shrimp
Dairy products: these contain sugar in the form of lactose
High fat foods: some meats, some dairy products, butter, oils, desserts



To Place Your Request
Please Dial (5300)

To order outside the hospital dial 203.576.5300
Your order will arrive within 45 minutes,
Hours of Service 7:00 am until 7:00 pm

Ask about our daily Chef specials

Breakfast

Cereal (1-1.5)
 Oatmeal (1.5) Cream of Wheat (1.5) Corn Flakes (1.5)
 Cream of Rice (1.5) Rice Krispies (1.5) Cheerios (1.5)
 Bran Flakes (1.5)

Breads

White (1) Wheat (1) Rye (2)
 English Muffin (2) Hard Roll (2) Plain Bagel (4)
 Muffins: *Fresh Baked Blueberry, Corn, Bran* (1.5)

Accompaniments

Butter Margarine Jelly
 Sugar-Free Jelly Cream Cheese Light Cream Cheese
 Peanut Butter (1) Cream Cheese
Cold Yogurt (1) - Assorted Flavors - Regular or Light
Berry Parfait (2) - Berries mixed with plain or vanilla yogurt,
 topped with granola

Hot

Scrambled Eggs - choice of regular Eggs or Low Cholesterol Egg Substitute
Hard Boiled Eggs
Fried Eggs
Veggie Frittata - made with Low Cholesterol Eggs
Create Your Own Omelet - choice of Egg Substitute is encouraged for heart health*, choice of Eggs, Egg Substitute, Onions, Mushrooms, Bell Peppers, diced Tomatoes, Cheddar Cheese, Salsa
French Toast (1.5) - served with regular or Sugar-free Syrup
Buttermilk Pancakes (2) - served with regular or Sugar-free Syrup
Choice of sides: Home Fries, and your choice of Bacon or Sausage
Fresh Fruit: Banana (limited on a Renal Diet)
 Orange (limited on a Renal Diet)
 Apple (1), Grape (1), Fresh Fruit Cup (1), Peaches, Pears, Mandarin Oranges, Prunes

Beverages

Hot Regular or Decaffeinated Tea, Regular or Decaffeinated Coffee
 Herbal Hot Tea
Cold Juices (1 carb each) - Orange (limited on a Renal Diet), Apple, Cranberry Cocktail, Low-Sugar Cranberry Graps, Prunes, Tomatoes (limited on a Renal Diet), Low-Sodium Vegetable, Iced Tea
Dairy - Milk (0.5), Skim, 2% Reduced Fat, Whole, Lactose-Free (0.5) (limited on a Renal Diet), Soy Milk (0.5), Half and Half, Non-Dairy Creamer
Something Sparkling - Gingerale (limited on a diabetic diet), Diet Gingerale, Cola (limited on a diabetic diet), Diet Cola

Condiments

Sugar (limited on diabetic diet) Splenda Sugar-Substitute, Salt (limited on heart healthy & renal diets) Pepper Salt-Free Seasoning
Extras: Raisins, Honey (limited on a diabetic diet), Granola, Almonds

Lunch - Dinner

Soups (1)

Chicken Noodle (1) Low Sodium Chicken Noodle (1)
 Tomato (limited to Renal diet) (1) Cream of Mushroom (1)
 Clear Broths: Chicken, Beef, Vegetable (1)
 Crackers: Unsalted or Oyster Crackers

Salads

Small Garden Salad - Fresh Mixed Greens and Romaine Lettuce, topped with Tomato, Cucumbers and Carrots and Red Cabbage
Small Caesar Salad - Romaine Lettuce topped with Parmesan Cheese and Croutons, served with Classic Caesar Dressing (*limited on a Renal and Heart Healthy diet)
Entrée Salad

Grilled Chicken Salad - Chicken Breast grilled to perfection, served on a bed of Romaine Lettuce, served with your choice of Raspberry Vinaigrette or Olive Oil and Balsamic Vinegar
Dressings - Light Raspberry Vinaigrette, Olive Oil and Balsamic Vinegar
Fresh Fruit Salad (3) - An assortment of seasonal Fresh Fruit, served with Vanilla or Plain Yogurt

Hummus and Vegetable Crudite (1) - served with Whole Wheat Pita

Hot Entrées

Traditional Pot Roast - Beef Eye Round braised to perfection in a savory blend of celery, carrot, onion, beef stock and burgundy wine. Our Chef recommends roasted potatoes and seasoned baby carrots. (2 Carbs)
Balsamic Glazed Chicken Breast - Charbroiled and basted with a balsamic reduction, comes with steamed white rice and a fresh vegetable medley. (2 Carbs)
Grilled Pork Chop - Topped with a flavorful Mango Chutney with your choice of mashed potatoes and roasted vegetables. (2.5 Carbs)

Fish Du Jour - fillet of mild white fish served on a bed of rice pilaf and sautéed spinach. (2 Carbs)
Asian Stir Fry - A savory blend of Yok-Sue vegetables with your choice of chicken, beef, tofu served with white or brown rice. (2 Carbs)

Pasta and Italian Style Meatballs - Delicious combination of fresh beef, diced tomatoes, garlic and olive oil tossed with pasta, topped with Italian Meatballs and Parmesan Cheese. (4 Carbs)
Country Meatloaf - Our Healthy blend of ground turkey, beef and herbs served with a choice of mashed potatoes, gravy and seasoned whole green beans. (2 Carbs)

Slow Roasted Turkey Breast - Hand carved Turkey with cornbread stuffing or mashed potatoes, gravy, and fill carrots. (3 Carbs)

- All starches may be substituted with brown rice.
- You may also substitute any vegetable or starch with you entrée.
- 1/2 portions available
- Kosher meals available

From the Grill

The All American Burger (2)
 Served plain or with your choice of American, Cheddar or Swiss Cheeses
 Turkey Burger (3)
 Garden Veggie Burger (3)

Grilled Chicken Sandwich (2)

Grilled Fish Sandwich (2) - made with the Fish of the Day
Grilled Cheese - with your choice of Cheddar, American or Swiss on Wheat or White Bread

Choice of Sides: Baked Potato Chips, Cole Slaw

Accompaniments: Lettuce, Tomato, Sliced Onion, Mayonnaise, Light Mayonnaise, Ketchup, Mustard, Honey Mustard, Relish (Some items may be restricted on your diet)

From the Deli

Your Choice of: Turkey, Ham, Roast Beef, Tuna, Egg or Chicken Salad

Add Cheese: American, Cheddar, Swiss
Breads (1 carb per slice): Wheat, White, Rye, Hard Roll, Croissant, Wrap (Spinach, Whole Wheat or White)

Accompaniments: Lettuce, Tomato, Sliced Onion, Dill Pickle Spear, Mayonnaise, Light Mayonnaise, Ketchup, Mustard, Honey Mustard, Relish (Some items may be restricted on your diet)

Something Sweet

Seasonal Fresh Fruit (1)

Chef's Choice Dessert of the Day
Your choice of: Pudding, Ice Cream/Soft-serve, Cookies, Gelatin, and other Chilled Fruits

Beverages

Hot Regular or Decaffeinated Tea, Regular or Decaffeinated Coffee
 Herbal Hot Tea
Cold Juices (1 carb each) - Orange (limited on a Renal Diet), Apple, Cranberry Cocktail, Low-Sugar Cranberry Graps, Prunes, Tomatoes (limited on a Renal Diet), Low-Sodium Vegetable, Iced Tea
Dairy - Milk (0.5), Skim, 2% Reduced Fat, Whole, Lactose-Free (0.5) (limited on a Renal Diet), Soy Milk (0.5), Half and Half, Non-Dairy Creamer
Something Sparkling - Gingerale (limited on a diabetic diet), Diet Gingerale, Cola (limited on a diabetic diet), Diet Cola

Condiments

Sugar (limited on diabetic diet) Splenda Sugar-Substitute, Salt (limited on heart healthy & renal diets) Pepper Salt-Free Seasoning
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