# Stork and Fork

Thank you for allowing MWHC Food & Nutrition Services to serve you.



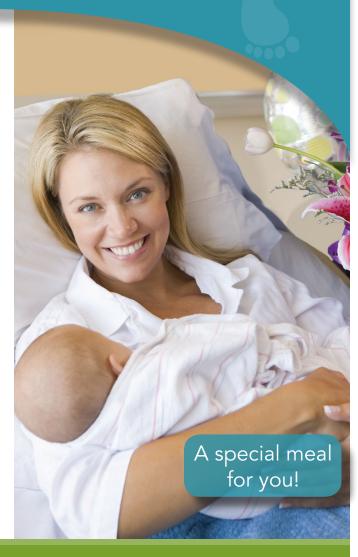
101 Hospital Center Boulevard Stafford, VA 22554 540.741.9000

MyBaby.mwhc.com

ATTENTION: Mary Washington Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios de asistencia lingüística sin costo alguno. Llame al 540.741.2655.

안내: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 540.741.2655 번으로 전화해 주십시오.





As you welcome the birth of your new baby, we would like to help you celebrate this joyous occasion with a complimentary Stork and Fork meal. The meal will be served in the privacy of your room with lunch or dinner options for a family of two or four.

For lunch orders, please call by 10:00 a.m. Lunch is delivered between 12:00 p.m. – 1:30 p.m. For dinner orders, please call by 3:00 p.m. Dinner is delivered between 4:30 p.m. – 6:00 p.m.

# **Date Night**

With the arrival of your new baby it might be some time before you can have a night out. Enjoy a meal specially designed for you and your partner in the comfort and privacy of your room.

*Please choose two of each:* 

#### Fresh Green Salad and Dinner Roll

Served with tomatoes, cucumbers and croutons with your choice of Ranch, Italian or French dressing

#### Entrée

Marinated Flank Steak Herb Crusted Salmon Lemon Chicken

### Sides

Baked Potato with Sour Cream and Margarine Sweet Potato with Margarine Rice Pilaf

# **Vegetables**

Fresh Steamed Asparagus Seasonal Fresh Vegetables

## **Gourmet Cake Slices**

Carrot Double Chocolate Strawberry Shortcake

# **Beverages**

Water, Pepsi, Diet Pepsi, Sierra Mist, Ginger Ale, Iced Tea or Coffee

# **Family Style**

The birth of a new sibling is a chance for the entire family to celebrate the new arrival. Enjoy a family style meal for four in the comfort of your room.

Please choose one entrée from below:

#### Fresh Green Salad

Served with tomatoes, cucumbers and croutons with your choice of Ranch, Italian or French dressing

#### Entrée

Cheese or Pepperoni Pizza Spaghetti with Marinara Sauce and Breadsticks

# Dessert

Birthday Cake

## **Beverages**

Water, Pepsi, Diet Pepsi, Sierra Mist, Ginger Ale, Iced Tea or Coffee

Order your Stork and Fork meal by dialing **1FOOD** (**13663**) from your room phone. Feel free to ask the operator any questions when placing your order. Availability of meals is limited; please place order early. Vegetarian suggestion available upon request.