



WHAT ABOUT FOOD?

Your provider will order a diet for you while you are a patient.

That could be:

Clear liquids: Includes jello, Italian ice, popsicles, apple juice.

This is usually for patients in active labor or fresh post operative. Labor patients can have the fortified juice boxes for energy in labor. Any clear liquids are allowed.

Post op: First food after surgery or cesarean section.

Includes easy to digest options.

Regular Diet: We have a menu to choose from or patients can bring food from home or the many nearby restaurants.

There are also vending machines on the first floor.

Gluten Free

Vegetarian/ Vegan

Diabetic/ Carbohydrate controlled

Halal / Kosher

- The kitchen is room service. You can call 4488 and order when you want. Leave about 30-40 minutes for delivery. You are encouraged to order several snacks for the evening and over-night hours.
- If you come in after 6:30 p.m., there are frozen dinners available.
- The dietary personnel taking your order are trained to assist you with any special requests or needs so be sure to ask them.
- Unfortunately, we do not feed significant others. The cafeteria is open from 6:30 a.m. to 6:30 p.m. Show them your yellow or white bracelet and you will get the employee discount!
- The cafeteria is also open 1:30 a.m. to 3:30 a.m. Sunday through Thursday.

For additional information,
please email: nursenavigator@midhosp.org
or visit: middlesexhealth.org/baby