

Catering to You



Wholesome, nourishing and well-balanced meals are an important part of your treatment and recovery.

That's why we provide you with nutritious meals prepared according to your doctor's orders.

NSMC's **Catering to You** program offers patients restaurant-style food service.

A catering associate will take your order prior to mealtime, personally assemble your tray in the kitchen, deliver the food to your room and then check back with you to see that you are satisfied

Written records of your food and fluid intake may be kept to help your care team evaluate your nutritional and medical needs.

Please follow your nurse or dietitian's instructions carefully and ask if you need physician approval to eat any food other than what is served in your room. If you have special dietary needs, please consult the dietitian so we can ensure that those needs are met.

Meals

Patients are served breakfast between 7:30 and 9 a.m., lunch between 11 and 1 p.m., and dinner between 4:30 and 6:30 p.m. Occasionally your meal may be delayed if you are scheduled for a special test or treatment. Whenever possible, you will be served after your examination or test.

If a family member or friend wants to eat in your room with you, the person may go to our cafeteria on Davenport 2, buy a meal, and take it back to your room. You may also order a guest meal from your catering associate and have it delivered to your room.

Beverages and light snacks—if included in your special diet—are available on each patient unit. Please ask your nurse for assistance.

Questions about your meal or your diet?

Call 978.354.2381 (NSMC Salem Hospital) or 781.477.3663 (NSMC Union Hospital)