

Stork and Fork *Meals*

*Thank you for allowing
Mary Washington Healthcare
Food & Nutrition Services
to serve you.*



MWHC

Stafford Hospital

101 Hospital Center Boulevard
Stafford, VA 22554
540.741.9000

MyBaby.mwhc.com

6/21



A special meal
for you!

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.

The Family Birth Place



Stafford Hospital



As you welcome the birth of your new baby, The Family Birth Place at Stafford Hospital 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.

Fresh Spring Mix Salad and Parker House Rolls

Served with tomatoes, cucumbers and croutons with your choice of Ranch or Balsamic Vinaigrette dressing

Please choose two of each:

Entrée

Red Wine and Tomato Braised Short Rib
Parmesan Crusted Tilapia
Chicken Marsala

Sides

Roasted Garlic Mashed Potatoes
Rice Pilaf

Vegetables

Steamed Asparagus
Roasted Balsamic Brussel Sprouts
Fresh Julienned Vegetables

Gourmet Cupcakes

Red Velvet Cupcake
Funfetti Cupcake

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.

Fresh Spring Mix Salad

Served with tomatoes, cucumbers and croutons with your choice of Ranch or Balsamic Vinaigrette dressing

Entrée

Cheese or Pepperoni Pizza with
Garlic Butter Crust
Spaghetti with Marinara Sauce and
Garlic Parmesan Parker Rolls*
*Option to add Chicken Parmesan

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. Vegetarian option available upon request.

