

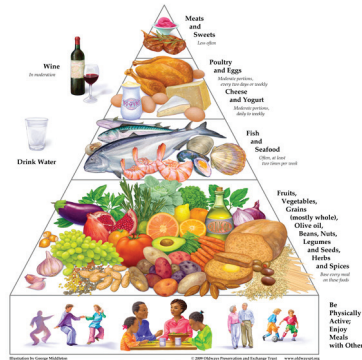
healthy eating

the mediterranean way

Research has shown that the people living in the Mediterranean region are among the healthiest in the world, with low rates of chronic diseases and cancer. The diet and activity of the people in the region plays a vital role in their overall health and well being.

Fletcher Allen is proud to be a national leader in hospital-supported agriculture. We were one of the first hospitals in the nation to sign the Healthy Food in Health Care Pledge. This pledge includes working with local farmers to increase the amount of fresh, healthy, locally produced foods available to our patients and other customers.

Please feel free to take this menu home with you to use as a reference.



Consume most of your foods from plant sources and include fruits, vegetables, potatoes, whole grains and breads, beans, nuts and seeds. When ever possible, choose seasonally fresh and locally grown whole foods with minimal processing.

Replace saturated fats (butter, margarine, whole milk and cheese, and tropical oils) with monounsaturated fats (olive and canola oil) and low fat or fat-free dairy products.

Consume moderate amounts of fish and poultry and fewer than 4 eggs per week (including those used in cooking and baking). Choose red meat only a few times per month, limiting intake to 16 ounces per month.

Choose fresh fruit as your daily dessert. Save sweets with a significant amount of sugar and saturated fat for a special treat no more than a few times per week.

Include activity and exercise in your daily routine.

Consult with your doctor and health care team regarding wine or alcohol intake.

ROOM SERVICE

menu



**Fletcher
Allen**
HEALTH CARE
*In alliance with
The University of Vermont*

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room service

The Nutrition Services Department is proud to provide you with a high quality dining experience. The menu offers a variety of healthy, fresh and local foods that highlight the Mediterranean Diet Guidelines, which are outlined on the back of the menu.

TO PLACE YOUR ORDER

Call Room Service with your request between 6:00 am–7:15 pm.
From inside Fletcher Allen dial **7-DINE (7-3463)**.
From outside Fletcher Allen dial **(802) 847-3463** to order for a patient.
Please tell us if you have any food allergies.
Give the operator your selection from the menu.

HOW TO ORDER

Please limit your order to one entrée per call. If your diet allows, we will be happy to bring you another meal if you are still hungry.
If your physician has prescribed a modified diet, some items may not be allowed. We will be happy to help you with your choices.
Your meal will be delivered within 45 minutes of your call or at the requested time.

FOR DIABETES MANAGEMENT

Please tell your nurse when you have ordered your meal. This will allow for appropriate blood testing and medication dosage.

FOR VISITORS WE HAVE THREE CAFETERIAS:

Main Street Café

located on Baird 3, 6:30 am–2:00 pm, Monday–Friday

Café Express

located in the ACC, 2nd floor, 6:30 am–5:00 pm, Monday–Friday

Harvest Café

located in the McClure Lobby, 5:00 am–3:00 am, seven days a week

For more information about Room Service see the Patient Education TV Channel at 8 am, 12 noon or 6 pm.

breakfast

Served from 7:00 am–11:00 am. Orders must be placed by 10:15 am.

FRUITS

Seasonal Fruit
Apple
Banana
Grapes
Mixed Fruit Cup
Orange Sections
Applesauce
Canned Peaches
Canned Pears
Mandarin Oranges
Stewed Prunes

YOGURTS

Plain
Vanilla
Strawberry
Mixed Berry
Light Blueberry
Light Raspberry

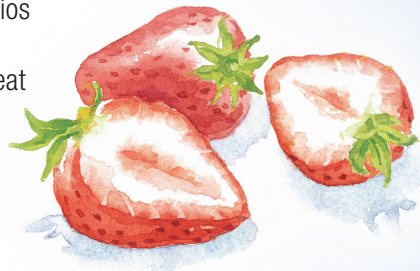
BREAKFAST BAKERY

Whole Wheat Toast
White Toast
Whole Wheat English Muffin
Banana Bread
Selected Muffin of the Day
Plain Bagel
Cinnamon Raisin Bagel

with choice of: Cream Cheese (light, fat-free or vegetable) or Peanut Butter

CEREALS

Oatmeal
Cream of Wheat
Cheerios
Low Fat Granola
Honey Nut Cheerios
Total Raisin Bran
Frosted Mini Wheat
Corn Flakes



breakfast entrees

Served from 7:00 am–10:15 am. Orders must be placed by 10:00 am.

Scrambled Eggs
Cholesterol Free Scrambled Eggs
Pancakes with Vermont Maple Syrup
Pumpkin French Toast with Vermont Maple Syrup
Omelettes made with your choice of:
Low Fat Cheddar, Mushrooms, Green Peppers, Onions, Tomatoes or Spinach

beverages

JUICES

Orange
Apple
Cranberry
Prune
Pineapple

MILK

Skim
Low Fat
Whole
Chocolate
Lactaid
Plain Soy
Vanilla Soy

TEAS

Regular
Decaffeinated
Chamomile
Lemon Peel
Apple Cinnamon
Ginger
Green

COFFEE

Regular
Decaffeinated

HOT CHOCOLATE

Regular
No Sugar Added

UNSWEETENED ICED TEA

Regular
Chamomile



lunch & dinner

Orders may be placed up to 7:15 pm.

SOUPS

Cream of Tomato
Chicken Noodle
Vegetarian Lentil
Soup of the Day

CRUDITE

Broccoli, Carrots and Cherry Tomatoes served with Ranch Dressing

CHEDDAR CHEESE PLATE

Variety of Local Cheddar Cheese served with Crackers

BRUSCHETTA

Mixture of Fresh Tomatoes, Basil, Garlic and Olive Oil served with Crostini

SIDE SALADS

Garden Salad
Spinach Salad
Small Caesar Salad
Cottage Cheese

DRESSING

Oil & Vinegar
Ranch, or Fat Free Ranch
Light Italian
Creamy French
Balsamic Vinaigrette

chef's favorite recommendations

Chicken Marsala
Salmon Fillet – Oven Poached or Grilled with Balsamic Mustard
Risotto with Cheese and Seasonal Vegetable
Roast Turkey and Pan Gravy
New England Pot Roast
Mushroom Ravioli with Tomato Basil Sauce
Roasted Vegetable Enchilada
Vegetable Stir Fry with Tofu or Chicken over Rice
Herb Crusted Fish (seasonal, ask for details)
Penne Pasta with Chicken, Fresh Tomatoes and Basil
Seafood Risotto



other chef's specialties

Ask your operator for details

PASTA BAR

Penne, Spaghetti Noodle or Cheese Tortellini

MADE WITH YOUR CHOICE OF

Marinara, Pesto, Alfredo, Meat Sauce or Vegetable Primavera

*Kosher dinners available upon request.

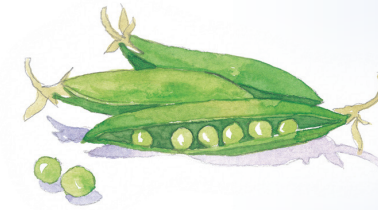
from the char broiler

SERVED ON CRACKED WHEAT ROLL WITH LETTUCE AND TOMATO

Turkey Burger
Black Bean Vegetarian Burger
Grilled Chicken Breast

ON THE SIDE

Fresh Mashed Potatoes
Baked Potato
Hearty Grains with Wild Mushrooms
Steamed White Rice



DON'T FORGET YOUR VEGETABLES

Vegetable of the Day
Carrots
Whole Green Beans

entree salad

CHEF SALAD

Julienne Turkey Ham, Oven Roasted Turkey Breast, Low Fat Swiss Cheese, Mixed Greens, Tomato and Cucumber with choice of dressing

CAESAR SALAD

Your Choice of Traditional, Chicken or Shrimp

COTTAGE CHEESE AND FRUIT PLATTER

Served with Banana Bread

create your own sandwich

WHOLE OR HALF

Cheddar
Chicken Salad
Egg Salad
Hummus
Low Fat Swiss Cheese
Peanut Butter and Jelly
Turkey Breast
Seafood Salad (seasonal, ask for details)

BREADS

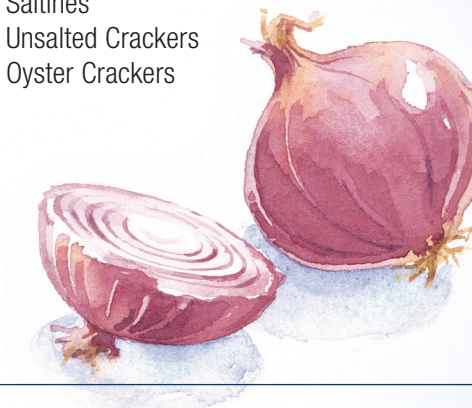
Whole Wheat
White
Cracked Wheat Bulky Roll

BREADS/CRACKERS

Whole Wheat Dinner Roll
Saltines
Unsalted Crackers
Oyster Crackers

VEGETABLES

Lettuce
Tomatoes
Red Onions
Kosher Dill Pickle



something crunchy

Pretzels
Baked Potato Chips
Sun Chips
Fig Newtons
Rice Krispie Treats
Hummus with Crostini
Raisins

sweet temptations

HOMEMADE CUSTARDS

Traditional
Pumpkin
Low Fat

HOMEMADE COOKIES

Oatmeal Raisin
Chocolate Chip
Maple Walnut

PUDDINGS

Vanilla
Chocolate
Butterscotch
Tapioca

FRUITS

Seasonal Fruit
Apple
Banana
Grapes
Mixed Fruit Cup
Orange Sections
Applesauce
Canned Peaches
Canned Pears
Mandarin Oranges
Stewed Prunes

GELATINS

Orange
Strawberry
Sugar Free Strawberry

BAKED GOODS

Carrot Cake
Yellow Cake
Cream Cheese Brownie
Seasonal Fruit Crisp or Cobbler

