

BEVERAGES

JUICE

Low-Sodium V8 ♦ Apple ♦ Cranberry ♦ Cranberry Apple
Cranberry Raspberry ♦ Grape ♦ Orange ♦ Prune

MILK

Skim ♦ 1 % ♦ 2% ♦ Whole ♦ Chocolate ♦ Lactaid ♦ Soy

ENSURE PLUS™ Vanilla ♦ Chocolate ♦ Strawberry

COLD

Water ♦ Cola ♦ Caffeine-Free Cola ♦ Diet Cola
Caffeine-Free Diet Cola ♦ Ginger Ale ♦ Diet Ginger Ale
Lemon Twist ♦ Diet Lemon Twist ♦ Unsweetened Iced Tea
Light Lemonade

CRYSTAL LIGHT™ Strawberry Kiwi ♦ Raspberry

COFFEE

Regular ♦ Decaffeinated

HERBAL TEA TAZO™ Calm (caffeine-free)

DESSERTS

Chocolate Cake ♦ Angel Cake with Peaches or Strawberries
No Sugar Added Apple Pie ♦ Fresh Fruit Cup
Butterscotch Pudding ♦ Jello

ICE CREAM Vanilla ♦ Chocolate ♦ Strawberry ♦ Lemon Sorbet
Orange Sherbet ♦ Raspberry Sherbet

POPSICLES Cherry ♦ Grape ♦ Orange

KOZY SHACK™ PUDDING Chocolate ♦ Vanilla ♦ Rice ♦ Custard

* Gluten-Free options available

The American Dietary Guidelines encourages people to make healthy food choices and to be active every day.

To control your calorie intake and manage your body weight, eat more fruits and vegetables, as well as whole grains and fat-free milk products, such as milk, cheese, and yogurt. Include foods with protein such as seafood, lean meats and poultry, eggs, and beans.

You can prevent and reduce obesity by eating healthier food and becoming more physically active.

If you have questions about your diet, ask to speak to a dietitian or call ext. 6368.

Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Vermont Health Regulations Chapter 5-Sub Chapter 2-5-205B



For your safety, before you eat today,
please clean your hands with Purell.

ROOM SERVICE
MENU



Call MENU (ext. 6368)
to place your order 7 AM to 6 PM





BREAKFAST

AVAILABLE 7 AM—6 PM

ENTRÉES

Buttermilk Pancake ♦ French Toast

Eggs to Order or Omelet Choices:

Egg Beaters* ♦ Regular Eggs* ♦ Egg Whites*

Egg Sandwich (choice of bread, meat, and cheese)

Omelet Fillings and Sides (choose three):

Mushrooms* ♦ Tomato* ♦ Turkey Sausage ♦ American Cheese*

VT Cheddar Cheese* ♦ Low Fat, Low Sodium Swiss Cheese*

Provolone Cheese* ♦ Cottage Cheese*

CEREAL

Corn Flakes ♦ Cream of Rice* ♦ Cream of Wheat

Oatmeal ♦ Rice Krispies ♦ Toasty O's

YOGURT

LIGHT AND FIT™ Vanilla* ♦ Strawberry* ♦ Blueberry* ♦ Raspberry*

GREEN MOUNTAIN CREAMERY™ Greek Maple

FRUITS

Applesauce* ♦ Banana* ♦ Fruit Cocktail* ♦ Strawberries*

Stewed Prunes* ♦ Peaches

CONDIMENTS

Jelly (Grape or Strawberry*) ♦ Smart Balance™ Spread

Butter* ♦ Cinnamon* ♦ Brown Sugar* ♦ Salsa* ♦ Maple Syrup*

BREADS

Crustless White Bread

** Gluten-Free options available*

LUNCH AND DINNER

AVAILABLE 11 AM—6 PM

Half portions available. Soup and half-sandwich or soup and garden salad options are available.

SOUP

*Homemade soups made daily. Ask your server for options.**

Chicken Noodle ♦ Cream of Tomato

TASTE TEASERS

Shrimp Cocktail* ♦ Hummus

ENTRÉES

Please select one, plus a side order if desired.

Grilled Salmon*

A lean source of protein and Omega 3

Ground Grilled Chicken Breast*

Ground Pan-Seared Pork Marsala*

Ground Pot Roast

Served with Gravy on the Side

Ground Hot Roast Turkey Dinner
or Open-Faced Sandwich

Served with Gravy on the Side

Broiled Haddock*

With Lemon Wine Sauce

Ground Shrimp Scampi*

Sauteed with Garlic Butter

Vermont Cheddar Macaroni and Cheese

Vegetarian Pasta Primavera

** Gluten-Free options available*

LIGHTER FARE

AVAILABLE 7 AM—6 PM

HOT SANDWICHES

Grilled Cheese ♦ Hamburger* ♦ Ground Chicken Breast*

COLD SANDWICHES

Chicken Salad* ♦ Egg Salad* ♦ Roast Turkey Breast*

Tuna Salad* ♦ Roast Beef* ♦ Ham*

SIDES

Applesauce* ♦ Broccoli* ♦ Carrots* ♦ Gravy

Green Beans* ♦ Low Fat Cottage Cheese*

Mashed Potatoes ♦ Sweet Potatoes

Multigrain Penne in Marinara Sauce ♦ Stuffing

Winter Squash*

** Gluten-Free options available*



A mechanical soft diet is designed to make foods easier to chew and swallow. Foods may be blended, ground, or moistened, and are of the same consistency.