

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 undercooked 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

PURÉED ENTRÉES

Eggs ♦ French Toast ♦ Sausage

CEREAL

Cream of Rice* ♦ Cream of Wheat ♦ Oatmeal

YOGURT

LIGHT AND FIT™ Vanilla* ♦ Raspberry*

GREEN MOUNTAIN CREAMERY™ Greek Maple

PURÉED FRUITS

Banana ♦ Fruit Cocktail* ♦ Peaches* ♦ Pears* ♦ Pineapple*

APPLESAUCE

Plain* ♦ Mango ♦ Strawberry

BEVERAGES

(Thickened as needed; order with breakfast, lunch or dinner.)

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 ♦ Light Lemonade ♦ Ginger Ale ♦ Diet Ginger Ale
Unsweetened Iced Tea ♦ Cola ♦ Caffeine-Free Cola
Diet Cola ♦ Lemon Twist ♦ Diet Lemon Twist
CRYSTAL LIGHT™ Strawberry Kiwi ♦ Raspberry

COFFEE

Regular ♦ Decaf

HERBAL TEA TAZO™

Calm *(caffeine-free)*

* *Gluten-Free options available*

LUNCH AND DINNER

AVAILABLE 11 AM—6 PM

PURÉED SOUPS

*Soups made daily. Ask your server for options.**

Cream of Chicken ♦ Cream of Mushroom ♦ Tomato

PURÉED MEATS

Beef* ♦ Chicken* ♦ Fish* ♦ Pork* ♦ Turkey*

PURÉED COLD SALAD PLATES

Chicken Salad* ♦ Cottage Cheese* ♦ Egg Salad* ♦ Tuna Salad*

PURÉED SIDES

Applesauce* ♦ Cream of Rice* ♦ Corn* ♦ Mashed Potatoes*
Mashed Sweet Potato* ♦ Broccoli* ♦ Green Beans*
Winter Squash* ♦ Peas*

DESSERTS

Butterscotch Pudding

MAGIC CUP™ ICE CREAM Chocolate ♦ Vanilla

KOZY SHACK™ PUDDING Chocolate ♦ Vanilla ♦ Egg Custard

* *Gluten-Free options available*



A purée diet means foods will be puréed until smooth. Any soft, moist food can be puréed.

DYSPHAGIA PURÉED SMOOTH MENU