

REGULAR/HEART HEALTHY
CONSISTENT CARBOHYDRATE MENU

BEVERAGES

♥JUICE (15g)

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

MILK (15g)

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

COLD

♥Water(0g) ♦ Cola (23g) ♦ ♥Caffeine-Free Cola (23g) ♦ Diet Cola (0g)
♥Caffeine-Free Diet Cola ♦ ♥Ginger Ale (21g) ♦ ♥Diet Ginger Ale (0g)
♥Unsweetened Iced Tea (0g) ♦ ♥Light Lemonade (0g)
♥CRYSTAL LIGHT™ Strawberry Kiwi ♦ Raspberry

♥COFFEE (0g)

Regular ♦ Decaffeinated

♥TEA (0g)

Regular ♦ Decaffeinated ♦ TAZO™ Calm Herbal (caffeine-free)

DESSERTS

No Sugar Added Apple Pie (35g) ♦ Chocolate Cake (55g)
♥Angel Cake with Peaches or Strawberries (32g)
Chocolate Chip Cookie (40g) ♦ ♥Butterscotch Pudding (21g)
♥Diet Custard (24g) ♦ ♥Jello (18g) ♦ Sugar-Free Jello (5g)
♥Fresh Fruit Cup (15g)

KOZY SHACK™ PUDDING (15g) Chocolate ♦ Vanilla
No Sugar Added Chocolate ♦ No Sugar Aded Vanilla
Rice ♦ No Sugar Added Rice ♦ Custard (19g)

ICE CREAM Chocolate (18g) ♦ Vanilla (16g) ♦ Strawberry (17g)
No Sugar Added Chocolate (20g) ♦ ♥Lemon Sorbet (9g)
♥Orange Sherbet (27g) ♦ ♥Raspberry Sherbet (27g)

POPSICLES (25g) Grape ♦ Cherry ♦ Orange
SUGAR-FREE POPSICLES (3g) Grape ♦ Cherry ♦ Orange

♥ = Heart Health Choice * Gluten-Free options available

REGULAR/HEART HEALTHY
CONSISTENT CARBOHYDRATE MENU

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.

REGULAR/HEART HEALTHY
CONSISTENT CARBOHYDRATE MENU

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 (25g)

Topped with Strawberries, Blueberries, or Bananas (10g)

♥Oatmeal-Crusted Whole Wheat French Toast (20g)

♥Texas French Toast (20g)

EGGS TO ORDER OR OMELET CHOICES

♥Egg Beaters* (1g) ♦ ♥Regular Eggs* (30g) ♦ ♥Egg Whites* (.65g)

Egg Sandwich (30g) *(choice of bread, meat, and cheese)*

OMELET FILLINGS AND SIDES (CHOOSE THREE):

VT Cheddar Cheese* (0g) ♦ American Cheese* (1g)

♥Low-Fat, Low-Sodium Swiss Cheese * (0g) ♦ Provolone Cheese* (1g)

♥Onions* (3g) ♦ ♥Mushrooms* (0g) ♦ ♥Broccoli*♦Diced Tomatoes* (0g)

♥Salsa* ♦Turkey Sausage (.5g) ♦ Bacon* (.12g) ♦ Ham* (1g)

♥CEREAL

Corn Flakes (10g) ♦ Cream of Rice*(36g) ♦ Cream of Wheat (33g)

Oatmeal (19g) ♦ Cinnamon Granola (15g) ♦ Raisin Bran (25g)

Rice Krispies (15g) ♦ Toasty O's (14g)

BREAKFAST BREADS*

♥Bagel (30g) ♦ English Muffin *White* or ♥Whole Wheat (25g)

♥Marble Rye (15g) ♦ ♥Muffins *Blueberry* or *Bran* (30g)

VERMONT BREAD COMPANY™ (15g) ♥Whole Wheat ♦ White ♦♥10 Grain

♥YOGURT

LIGHT AND FIT™ (25g) Vanilla* ♦ Blueberry* ♦ Raspberry* ♦ Strawberry*

GREEN MOUNTAIN CREAMERY™ Greek Maple (14g)

♥FRUITS (15g)

Apple* ♦ Banana* ♦ Blueberries ♦ Fresh Fruit Cup* ♦ Grapes*

Orange* ♦ Sliced Melon* ♦ Stewed Prunes* ♦ Strawberries*

♥CONDIMENTS

Brown Sugar* (5g) ♦ Butter* (0g) ♦ Cinnamon*(0g) ♦ Salsa* (2g)

Jelly* *Grape* or *Strawberry* (9g) ♦ Raisins* (15g)

Smart Balance™ Spread (0g) ♦ Vermont Maple Syrup* (15g)

Sugar-Free Maple Syrup (1g)

♥= Heart Healthy Choice * 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.**

TASTE TEASERS

♥Shrimp Cocktail*(15g) ♦ ♥Hummus and Veggie Sticks (10g)

♥Cheese and Crackers (20g)

ENTRÉES

Please select one, plus a side order if wanted.

♥Grilled Salmon* (0g)

A Lean Source of Protein and Omega 3

♥Grilled Chicken Breast* (0g)

♥Pan-Seared Pork Marsala* (6g)

♥Grilled Fillet Mignon* (0g)

The Leanest Cut of Beef

Pot Roast (10g)

Served with Gravy on the Side

♥Hot Roast Turkey Dinner or Open-Faced Sandwich (20g)

Served with Gravy on the Side

♥Broiled Haddock* (0g)

With Lemon Wine Sauce

♥Shrimp Scampi* (15g)

Sauteed with Olive Oil and Garlic

Vermont Cheddar Mac and Cheese (31g)

♥Vegetarian Pasta Primavera* (45g)

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LIGHTER FARE

AVAILABLE 7 AM—6 PM

SANDWICHES

Hot and cold sandwiches served on choice of bread and cheese.

*Add upon request lettuce, tomato, bacon, onion, pickle, baked chips,
or pretzels.*

SPECIALTY SANDWICH Panini with 10-Grain Bread,
Roast Turkey, Cheddar Cheese, Cranberry Sauce, and Apples

HOT

♥Grilled Chicken Breast* (25g) ♦ ♥Grilled Cheese* (25g)

Veggie Burger ♦ Hamburger*

COLD

♥Chicken Salad* (30g) ♦ ♥Egg Salad* (30g) ♦ ♥Tuna Salad* (30g)

♥Roast Turkey Breast* (30g) ♦ Peanut Butter and Jelly (45g)

Roast Beef* (30g) ♦ Ham* (30g) ♦ ♥Chicken, Egg, or Tuna Plate*(15g)

CHEESES

VT Cheddar (0g) ♦ American* (1g) ♦ ♥Swiss* (0g) ♦ Provolone* (1g)

♥SIDES

Applesauce* (15g) ♦ Baked Chips (23g) ♦ Broccoli* (5g)

Brown Rice* (12g)♦ Carrots* (5g) ♦ Coleslaw* (10g)♦ Green Beans* (5g)

Fruit Cup* (15g) ♦ Gravy (0g) ♦ Low-Fat Cottage Cheese* (8g)

Mashed Potato* (15g) ♦ Mashed Sweet Potato* (10g)

Multi Grain Penne in Marinara Sauce (15g) ♦ Pretzels (23g)

Stuffing (15g) ♦ Winter Squash (15g)

Whole Wheat Dinner Roll (15g) *plus all breads listed under Breakfast*

HEART HEALTHY AND
CONSISTENT CARBOHYDATE DIETS

A heart-healthy diet is designed for people who need to
improve the health of their cardiovascular system. A heart-
healthy diet is low in saturated fat and salt.

A consistent carbohydrate diet will help control blood
sugar and improve diabetes management.

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