



BEVERAGES*

JUICE♥^{GF}(15g)

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

MILK^{GF}(15g)

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

TEA♥^{GF}(0g)

Hot Tea ♦ Hot Decaf Tea ♦ Hot Calm Tazo Tea ♦ Unsweetened Cold Tea

COFFEE^{GF}(0g)

Regular ♦ Decaf

ADDITIONAL COLD DRINKS^{GF}*

Water♥^{GF}(0g) ♦ Cola(20g) ♦ Caffeine-Free Cola(20g) ♦ Diet Cola (0g)
Caffeine-Free Diet Cola (0g) ♦ Ginger Ale(20g) ♦ Diet Ginger Ale♥ (0g)
Lemon Lime(20g) ♦ Diet Lemon Lime♥(0g)
Minute Maid Light Lemonade♥(0g)
Crystal Light Strawberry Kiwi♥(0g) ♦ Crystal Light Raspberry Ice♥(0g)

DESSERTS*

Apple Pie (30g) ♦ Chocolate Cake (45g)
Angel Cake with Peaches or Strawberries♥ (30g)
Chocolate Chip Cookie (40g)

LIGHTER DESSERTS*

Custard♥^{GF}(18g) ♦ Jello♥^{GF}(18g) ♦ Sugar-Free Jello♥^{GF}(5g)
Chocolate Pudding^{GF}(25g) ♦ Diet Chocolate Pudding^{GF}(15g)
Vanilla Pudding♥^{GF}(25g) ♦ Diet Vanilla Pudding♥^{GF}(15g)
Butterscotch Pudding♥^{GF}(15g)

ICE CREAM*

Vanilla^{GF}(15g) ♦ No Sugar Added Vanilla^{GF}(10g) ♦ Chocolate^{GF}(15g)
Strawberry^{GF}(15g) ♦ Lemon Sorbet♥^{GF}(10g) ♦ Raspberry Sherbet♥ (25g)
Orange Sherbet♥ (25g) ♦ Assorted Flavor Popsicles♥^{GF}(25g)

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

During your stay at Southwestern Vermont Health Care, your diet is ordered by your doctor and may change a few times during testing, treatment, or surgery.

Also for your safety, make sure to clean your hands before you eat.

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

To control your calorie intake and manage your body weight, eat more fruits and vegetables, as well as whole grains.

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

Please let a Nutrition and Dining Staff member know if you have any food allergies.

REGULAR DIET

A diet with no restrictions that provides you with an adequate nutrients to meet your nutritional needs.

HEART HEALTHY DIET

Designed for people who need to improve the health of their cardiovascular system. This diet is low in saturated fat and sodium.

CONSISTENT CARBOHYDRATE DIET

This diet will help you control blood sugar and improve diabetes management by managing carbohydrate intake at meals. For your convenience, the grams of carbohydrates are found in (parenthesis) after each menu item.

LOW FIBER DIET

Designed to make food easy to chew and digest.

PUREE DIET/MECHANICAL SOFT

All foods will be pureed until smooth for easy and safe swallowing

CLEAR LIQUID DIET/FULL LIQUID

Used before tests, procedures, and surgeries and to decrease digestive problems.

Intended to keep you hydrated while keeping your stomach and intestines clean.

B.R.A.T. DIET

Easy to digest. Stands for Bananas, Rice, Applesauce and Toast.
For patients who have an upset gastrointestinal system.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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

ROOM SERVICE MENU



Call Room Service, ext. 6368,
to place a food order or ask questions
about your diet.

Allow 45 minutes for delivery.

Open 7 A.M. to 6 P.M.



BREAKFAST

AVAILABLE 7 A.M.–6 P.M.

ENTRÉES

Buttermilk Pancake*(25g), topped with strawberries, blueberries, or bananas*(10g)
Oatmeal-Crusted French Toast, made with wheat bread♥*(20g)
Texas French Toast (20g) ♦ Heart-Healthy French Toast, made with wheat bread♥*(15g)

EGGS TO ORDER AND OMELET CHOICES

Egg Beaters♥GF(0g) ♦ Regular EggsGF(0g) ♦ Egg Whites♥GF(0g)



EGG SANDWICH

Choice of bread, meat, and cheese

BREAD*

Bagel (30g) ♦ English Muffin, white or wheat♥(25g) ♦ Marble Rye♥(15g)
Gluten-Free White BreadGF(10g)

VERMONT BREADS (15g) ♦ White ♦ Whole Wheat♥ ♦ 10-Grain♥

MEAT

BaconGF(0g) ♦ HamGF(0g) ♦ Turkey Sausage (0g)

CHEESE*

Low-Fat Swiss♥GF(0g) ♦ CheddarGF(0g) ♦ ProvoloneGF(0g) ♦ AmericanGF(0g)

OMELET FILLINGS

Please choose three.

MEAT

HamGF(0g)
BaconGF(0g)

VEGETABLES*

Onions♥GF(0g)
Broccoli♥GF(0g)
Mushrooms♥GF(0g)
Red Peppers♥GF(0g)
Diced Tomatoes♥GF(0g)

CHEESES*

American CheeseGF(0g)
Cheddar CheeseGF(0g)
Provolone CheeseGF(0g)
Low-Fat Swiss Cheese♥GF(0g)

CEREAL♥*

Corn Flakes♥(10g) ♦ Raisin Bran♥(25g) ♦ Rice Crispy♥GF(15g)
Toasty Os♥(15g) ♦ Cream of Rice♥GF(30g) ♦ Cream of Wheat♥(30g) ♦ Oatmeal♥(20g)

FRUITS♥*(15g)

Apple♥GF ♦ Banana♥GF ♦ Blueberries♥GF ♦ Fresh Fruit Cup♥GF ♦ Grapes♥GF
Orange♥GF ♦ Cantaloupe♥GF ♦ Stewed Prunes♥GF ♦ Strawberries♥GF
Applesauce♥GF ♦ Mango Applesauce♥GF



SIDES

BaconGF(0g) ♦ Turkey Sausage (0g)
Blueberry Muffin♥*(30g) ♦ Low-Fat Cottage Cheese♥GF*(0g)

YOGURT♥GF*(15g)

Blueberry♥GF ♦ Raspberry♥GF ♦ Strawberry♥GF ♦ Vanilla♥GF

GREEK YOGURT (15g) Maple♥GF ♦ Lemon♥GF ♦ Vanilla♥GF ♦ Peach♥GF

CONDIMENTS♥*

Brown SugarGF(10g) ♦ ButterGF(0g) ♦ Cinnamon♥GF(0g) ♦ Strawberry JellyGF(10g)
Grape JellyGF(10g) ♦ RaisinsGF(15g) ♦ Salsa♥(0g) ♦ Smart Balance♥GF(0g)
Vermont Maple SyrupGF(50g) ♦ Sugar-Free Maple Syrup♥GF(0g) ♦ Mrs. Dash♥♥(0g)
Sugar-Free Grape Jelly♥GF(0g) ♦ Sugar-Free Strawberry Jelly♥GF(0g)

♥ Heart Healthy choices GF Gluten-Free options *Vegetarian



LUNCH AND DINNER

AVAILABLE 11 A.M.–6 P.M. | HALF PORTIONS AVAILABLE

ENTRÉES

Please select one entrée and a favorite side.

Pan-Seared Pork♥GF(5g)

with marsala mushroom sauce

Freshly Grilled Chicken Breast♥GF(0g)

Grilled Filet Mignon♥GF(0g)

(leanest cut of beef)

Poached Salmon♥GF(0g)

(a lean source of omega 3)

Pot Roast with Gravy on side (10g)

(tender, succulent beef)

Carved Roast Turkey♥GF(15g)

or

Open-Faced Turkey Sandwich(30g)

Served with gravy on the side

Broiled Haddock♥GF(0g)

With a lemon-wine sauce

Shrimp Scampi Sauté♥GF(0g)

With olive oil and garlic

Vegetarian Pasta Primavera♥GF*(30g)

Seasonal sautéed vegetables with
multi-grain pasta, olive oil & garlic

Vermont Cheddar Macaroni and Cheese*(30g)

Made with white Cabot cheddar cheese

SIDES

VEGETABLES*

Carrots♥GF(0g)
ColeslawGF(10g)
Green Beans♥GF(0g)
Broccoli♥GF(0g)
Winter Squash♥GF(10g)

STARCH*

Multi-Grain Penne♥ (15g)
Baked Lays Chips♥GF(25g)
Mashed PotatoGF(15g)
Mashed Sweet Potato♥GF(10g)
Brown Rice♥GF(12g)
VT Cabot Mac & Cheese(15g)
Whole Wheat Dinner
Roll♥(15g)

OTHER

Applesauce♥GF*(15g)
Low-Fat Cot. Cheese♥GF*(8g)
Gravy GF(0g)
PicklesGF*(0g)
Pretzels*(25g)

♥ Heart Healthy choices GF Gluten-Free options *Vegetarian



LIGHTER FARE

Shrimp Cocktail♥GF(10g) ♦ Hummus and Vegetable Sticks♥GF*(10g)

Cheese and Crackers*(20g)

SALADS

Garden Salad♥GF*(0g) ♦ Grilled Chicken Salad♥GF(0g)

Chef Salad♥GF*(0g) ♦ Greek Salad♥GF*(0g)



DRESSINGS*

Honey Dijon(5g) ♦ Thousand Island(5g) ♦ Light Ranch♥(5g)
Light Italian♥(5g) ♦ Light Balsamic♥(5g) ♦ Oil and Vinegar♥GF(0g)

SOUPS

Ask your server about the homemade soup of the day.

Chicken Noodle(10g) ♦ Tomato*(25g) ♦ Cream of Mushroom*(10g)

Cream of Chicken(10g) ♦ Chicken Broth♥GF(0g) ♦ Vegetable Broth♥GF*(0g)

Beef Broth♥GF(0g)

SANDWICHES

Served with choice of bread and cheese. Add lettuce, tomato and/or onion.

HOT SANDWICHES

The Vermonter (50g)
10-Grain Bread, Roast Turkey or Chicken,
Cranberry Sauce & Fresh Slice of Apple



Grilled Chicken♥GF(0g) ♦ Charbroiled HamburgerGF(0g) ♦ Vegetable Burger♥GF*(20g)
Grilled Cheese*(30g) ♦ Savory & Sweet Turkey Burger♥(10g) ♦ BlackBean Burger*(20g)

COLD SANDWICHES

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

Chicken, Egg, or Tuna Salad Plate♥ (15g)

Roast Turkey Breast♥GF (30g) ♦ Roast BeefGF(30g)

HamGF(30g) ♦ Peanut Butter and Jelly♥*(45g)



SANDWICH BREAD CHOICES*

VERMONT BREADS (15g) ♦ White ♦ Whole Wheat♥ ♦ 10-Grain♥

Wheat Hamburger Roll♥(25g) ♦ Marble Rye♥(15g)

Gluten-Free White BreadGF(10g)

For patients managing diabetes, our menu notes
the grams of carbohydrates next to menu items.

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