

# dining services meals

## for patients at

### FANNY ALLEN

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 this menu.

#### Meal Times for Patients

Breakfast 6:30-8:45 am  
Lunch 11:30 am-1:45 pm  
Dinner 4:45-7:00 pm

#### TO PLACE YOUR ORDER

The Nutrition staff will be in the dining room at meal time to take your order. Please ask your nurse or Nutrition Services staff for the scheduled meal time on your unit. If you are unable to come to the dining room, we will come to your room to take your meal order and make arrangements to deliver your meal. Please tell us if you have any food allergies or other concerns that will impact your meal service.

We ask that you please limit your order to one entrée; we will be happy to provide you with another meal if you are still hungry.

#### FOR VISITORS WE HAVE THE DUNBAR CAFÉ:

##### Dunbar Café

Located on the ground floor, 6:30 am-2:30 pm, Monday-Friday

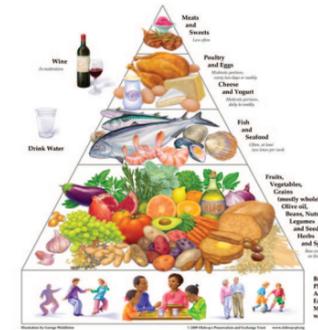
If you have any questions or concerns, please call the Nutrition Services Supervisor or Diet Technician at 7-2395. From outside Fanny Allen, dial (802) 847-2395

# 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. Whenever 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.

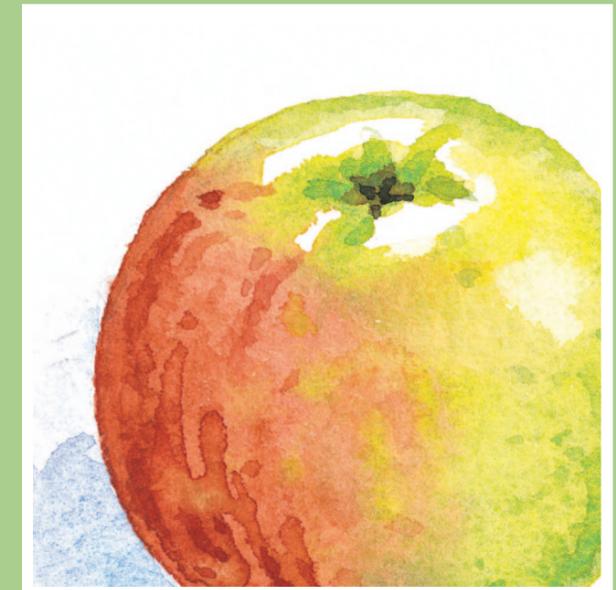
Choose fresh fruit as your daily dessert. Save sweets with a significant amount of sugar and saturated fat for a special treat no more than a few times per week.

Include activity and exercise in your daily routine.

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

# FANNY ALLEN

## menu



**Fletcher Allen**  
HEALTH CARE

*In alliance with*  
The University of Vermont

## breakfast

### BREAKFAST ENTREES

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

### BREAKFAST BAKERY

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

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



### CEREALS

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

## available at any meal

### JUICES

Orange  
 Apple  
 Cranberry  
 Prune  
 Pineapple  
 Tomato Juice

### 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  
 Low Calorie

### FRUITS

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

### UNSWEETENED ICED TEA

Regular  
 Decaffeinated

### YOGURTS

Plain  
 Vanilla  
 Strawberry  
 Mixed Berry  
 Light Blueberry  
 Light Raspberry



## lunch & dinner

### SOUPS

Cream of Tomato  
 Vegetarian Lentil  
 Soup of the Day

### SIDE SALADS

Garden Salad  
 Spinach Salad  
 Small Caesar Salad  
 Cottage Cheese

### SOMETHING CRUNCHY

Pretzels  
 Baked Potato Chips  
 Sun Chips

### DRESSING

Oil & Vinegar  
 Ranch or Fat Free Ranch  
 Creamy French  
 Balsamic Vinaigrette  
 Honey Mustard

## entree salad

### CAESAR SALAD

Romaine, Croutons, Parmesan and Caesar Dressing-Traditional, may add Grilled Chicken or Oven Roasted Salmon

## sweet temptations

### HOMEMADE COOKIES

Oatmeal Raisin  
 Chocolate Chip

### PUDDINGS

Vanilla  
 Chocolate  
 Butterscotch  
 Tapioca

### BAKED GOODS

Carrot Cake  
 Yellow Cake  
 Cream Cheese Brownie  
 Traditional Custard  
 Low Fat Custard  
 Seasonal Fruit Crisp or Cobbler

### GELATINS

Orange  
 Strawberry  
 Sugar Free Strawberry



## create your own sandwich

### WHOLE OR HALF

Cheddar  
 Low Fat Swiss Cheese  
 Chicken Salad  
 Egg Salad  
 Hummus  
 Turkey Breast  
 Seafood Salad (seasonal-ask for details)

### VEGETABLES

Lettuce  
 Tomatoes  
 Red Onions  
 Kosher Dill Pickle

### BREADS

Whole Wheat  
 White  
 Whole Wheat Bulky Roll

### BREADS/CRACKERS

Whole Wheat Dinner Roll  
 Saltines  
 Unsalted Crackers  
 Oyster Crackers



## chef creations

Chicken Marsala  
 Oven Roasted Salmon  
 Roast Turkey with Pan Gravy  
 Vegetable Stir Fry with Chicken or Tofu  
 Penne Pasta with Marinara Sauce  
 New England Pot Roast

## other chef's specialties

*Ask your server for details*

### ON THE SIDE

Fresh Mashed Potatoes  
 Hearty Grains with Wild Mushrooms  
 Steamed White Rice

### VEGETABLES

Vegetable of the Day  
 Carrots  
 Whole Green Beans

