

**ENGLISH****KIRUNDI****ROOM SERVICE**

Menu

**Fletcher Allen  
HEALTH CARE**

*In alliance with The University of  
Vermont*

**Room Service**

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, some even from our own gardens.

**TO PLACE YOUR ORDER**

Call Room Service with your request between 6:00 am–7:15 pm.

From inside Fletcher Allen dial 7-DINE (7-3463).

From outside Fletcher Allen dial (802) 847-3463 to order for a patient.

Please tell us if you have any food allergies.

Give the operator your selection from the menu.

**SERIVISE YO MU CHUMBA**

Urutonde rw'ibifungugwa

**IVURIRO RYA  
Fletcher Allen**

*Rifashanyije na Kaminuza ya Vermont*

**Serivise yo mu chumba**

Igisata kijejwe ibifungurwa kiranejewe no kubaronsa ibifugugwa vyiza. Tubaronsa ibifungurwa bitandukanye kandi vyiza, bishasha kandi biraboneka aho nyene muba, bimwe bimwe biva mu ndimiro yacu.

**UKO MUSABA IVYO KURYA**

Hamagare Serivise yo mu chumba guhera ishaha cumi na zibiri zo mu gatondo gushika isaha imwe n'iminota 15 zo ku mugoroba.

Ni mwaba muri mw'ivuriro rya Fletcher Allen, hamagara kuri 7-3463.

Ni mwaba muri hanze y'ivuriro rya Fletcher Allen, hamagara kuri (802) 847-3463 kugira musabe ivyo kurya vy'umurwayi.

Nyabuna ni mutumenyeshe niba hariho y'ivyo kurya bibatera ingorane. Mubwire umukozi ivyo mukeneye mu rutonde rw'ibifungurwa.

## HOW TO ORDER

- Please limit your order to one entrée per call. If your diet allows, we will be happy to bring you another meal if you are still hungry.
- If your physician has prescribed a modified diet, some items may not be allowed. We will be happy to help you with your choices.
- Your meal will be delivered within 45 minutes of your call or at the requested time.

## FOR DIABETES MANAGEMENT

- Please tell your nurse when you have ordered your meal. This will allow for appropriate blood testing and medication dosage.

## FOR VISITORS WE HAVE THREE CAFETERIAS:

### **Main Street Café**

*located on Baird 3, 6:30 am–2:00 pm,  
Monday–Friday*

### **Café Express**

*located in the ACC, 2nd floor, 6:30  
am–5:00 pm, Monday–Friday*

## MUSABA IBIFUNGUGWA GUTE

- Musabe gusa isahani imwe muhamagaye. Muvyipfuje, tuzobaronse indi sahani hamwe mwoba mugishonje.
- Hamwe muganga yoba yabasavye kurya ibifungugwa bidasa n’ivyo dufise, hariho ibifungugwa tutobaronsa. Tuzobafasha mu gucagura.
- Muzoronka ibifungugwa vyanyu nyuma y’iminota 45 mumaze kuduhamagara canke nyuma y’igihe mwifuza.

## KU BARWANYA IRWARA Y’IGISUKARI

- Bwira uwufasha muganga igihe mwasavye ibifungugwa. Bizomufasha gupima amaraso no kubaha imiti.

## TURAFISE AHO BAFUNGURIRA HATATU HATEGEKANYIRIWE ABASHITSI :

### **Aho bafungurira kw’ibarabara rikuru**

*hari kuri Baird 3, Kuva isaha icumi na zibiri n’igice zo mu gatondo gushika isaha umunani, kuva kuwa mbere gushika kuwa gatanu.*

### **Café Express**

*Iri mw’igorofa rya kabiri mu nzu ya*

## **Harvest Café**

*located in the McClure Lobby, 5:00 am–3:00 am, seven days a week*

*For more information about our services, visit our website, at: [http://www.fletcherallen.org/services/administrative/nutrition\\_services/](http://www.fletcherallen.org/services/administrative/nutrition_services/)*

## **Breakfast**

### **FRUITS**

Seasonal Fruit

Apple

Banana

Grapes

Mixed Fruit Cup

Orange

Applesauce

Canned Peaches

Canned Pears

Mandarin Oranges

### **YOGURTS**

**Greek Style**

Plain, Vanilla or Peach

**Light Yogurt**

Blueberry or Raspberry

*ACC, kuva isaha icumi na zibiri n'igice zo mu gatondo gushika isaha icumi n'imwe, kuva kuwa mbere gushika kuwa gatanu.*

## **Harvest Café**

*Iri mu nzu ya McClure, kuva isaha icumi n'imwe zo mu gatondo gushika isaha icenda zo ku murango, yugurura iminsi yose.*

*Kugira muranke amakuru menshi ku bujanjye ma serivisi zacu, raba ku murongo wa interineti wacu kuri [http://www.fletcherallen.org/services/administrative/nutrition\\_services/](http://www.fletcherallen.org/services/administrative/nutrition_services/)*

## **Ibifungugwa vyo mu gatondo**

### **IVYAMWA**

Fruits saisoniers

Pomme

Banane

Raisins

Coupe de fruits mélangés

Orange

Compote de pommes

Les pêches en conserve

Poires en conserve

Mandarines

### **IKIVUGUTO**

Ikivuguto co mu bugiriki

Ikivuguto cyonyene, La vanille, Fraise

**Igivuguto cyoroshye**

**Organic**

Strawberry or Blueberry

**BREAKFAST BAKERY**

Whole Wheat Toast

White Toast

Whole Wheat English Muffin

Banana Bread

Selected Muffin of the Day

Plain Bagel

Cinnamon Raisin Bagel

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

**CEREALS**

Oatmeal

Cream of Wheat

Cheerios

Low Fat Granola

Honey Nut Cheerios

Total Raisin Bran

Frosted Mini Wheat

Corn Flakes

Rice Chex

**Breakfast entrees**

*Served from 7:00 am–10:15 am. Orders must be placed by 10:00 am.*

Blueberry canke Raspberry

**Ivyeye mu buryo bw'ikirundi**

Fraise ou Bluets

**IMIKATE YO MU GATONDO**

Pain de blé entier

Toast Blanc

Muffin anglais au blé entier

Pain Banane

Muffin du jour sélectinnés

Bagel Tupu

Bagel à la Cannelle et aux raisins

*Avec le choix de: Fromage à la crème (léger, sans matières grasses ou de légumes), beurre d'arachide ou beurre*

**IMBUTO**

Flocons d'avoine

Crème de blé

Cheerios

Granola a faible teneur en gras

Cheerios au miel et noix

Bran aux raisins

Mini blé gelé

Corn Flakes

Riz de Chex

**Ibifungugwa vyo mu gatondo**

*Biboneka kuva isaha imwe gushika isaha zine n'iminota 15 gushika isaha zine. Mutegerezwa gusaba ivyo kurya imbere y'isaha zine.*

Scrambled Eggs

Cholesterol Free Scrambled Eggs

Pancakes with Vermont Maple Syrup

Pumpkin French Toast with Vermont Maple Syrup

Egg & Cheddar Sandwich on Whole Wheat English Muffin

Omelettes made with your choice of:

*Low Fat Cheddar, Mushrooms, Green Peppers, Onions, Tomatoes or Spinach*

### **Beverages**

#### **JUICES**

Orange

Apple

Cranberry

Prune

Pineapple

#### **UNSWEETENED ICED TEA**

Regular

Chamomile

#### **MILK**

Whole

Chocolate

Lactaid

Plain Soy

Vanilla Soy

Oeufs Brouillés

Oeufs Brouillés Sans Cholestérol

Crêpes avec Sirop d'érable du Vermont

Toast Citrouille Français avec Sirop d'érable du Vermont

Oeuf & Sandwich Cheddar au Muffin anglais de blé entier

Umuleti urimwo ivyo mwipfuza, faites: *cheddar irimwo amavuta make, champignons, poivrons verts, ibitunguru, amatomate canke épinards*

### **Ivyo kunywa**

#### **IMIBISI**

Orange

Pomme

Canneberge

Pruneau

Ananas

#### **ICAYI GIKANYE KITARIMWO**

#### **ISUKUKARI**

Gisanzwe

Camomille

#### **AMATA**

Amata asanzwe

Amata arimwo chocolat

Lactaid

Soya yonyene

Soya irimwo Vanille

**HOT CHOCOLATE**

Regular

No sugar Added

**COFFEE**

Regular

Decaffeinated

**TEAS**

Regular

Decaffeinated

Chamomile

Lemon Peel

Apple Cinnamon

Ginger

Green

**LUNCH & DINNER***Orders may be placed up to 7:15pm.***SOUPS**

Cream of Tomato

Chicken Noodle

Vegetarian Lentil

**SIDE SALADS**

Garden Salad

Spinach Salad

Small Caesar Salad

**DRESSINGS**

Oil &amp; Vinegar

**CHOLOCAT CHAUD**

Isanzwe

Itarimwo isukari

**AGAHAWA**

Gasanzwe

Katarimwo caffeine

**ICYACI**

Gisanzwe

Kitarimwo caféiné

Camomille

Le zeste de citron

Pomme Cannelle

Gingembre

C'urwatsi rutoto

**IVYO KURYA VYO KU****MURANGO NO KU MUGOROBA.***Murashobora kubisaba gushika isaha imwe n'iminota 15 zo ku mugoroba.***SOUPE**

Crème de tomates

Poulet et nouilles

Lentille végétarien

**Salades d'accompagnement**

Salade du jardin

Salade d'épinards

Petite Salade César

Ranch, or Fat-free Ranch

Light Italian

Creamy French

Balsamic Vinaigrette

### **SMALL PLATES**

#### **Bruschetta**

Mixture of Fresh Tomatoes, Basil, Garlic & Olive Oil, *served with Crostini*

#### **Crudite**

Broccoli, Carrots, & Cherry Tomatoes, *served with your choice of Dressing*

#### **Cheddar Cheese Plate**

Variety of Local Cheddar Cheese, *served with crackers*

#### **Hummus Plate**

Red Pepper Hummus, *served with Crostini*

#### **Quesadilla**

Beans & Cheddar, *Vegetarian style or with Chicken*

### **Chef's Favorite Recommendations**

**Penne Pasta** with White Beans & Roasted Fennel. Vegetarian style or with Chicken

**Shrimp Sauté** with Tomatoes, Penne

### **DRESSING**

Huile & Vinaigre

Ranch, ou Ranch sans gras

Italienien leger

Creamy française

Vinaigrette balsamique

### **IVYOKURYA VYOROSHE**

#### **Bruschetta**

Ivange y'amatomate mashasha, basilic, ail , 'amavuta ya olive harimwo na croûtons

### **CRUDITES**

Brocoli, carottes et tomates cerises servir ni vinaigrette Ranch

### **PLATEAU DE FROMAGES**

#### **CHEDDAR**

Variété de fromage cheddar locales *Servir avec des craquelins*

#### **Plat houmous**

Houmous de poivron rouge, *avec croûtons*

#### **Quesadilla**

Haricots et cheddar, le style végétarien ou au poulet

### **Recommandations préférées du chef**

Penne avec haricots blancs et fenouil rôti. Le style végétarien ou avec poulet

Pasta & Basil

**Roast Turkey & Pan Gravy**

**New England Pot Roast**

**Curried Vegetables** with Lentils & Seitan

**Quesadilla** with Beans & Cheddar – Full Plate. *Vegetarian Style or with Chicken*

**Vegetable Stir Fry** with Tofu or Chicken over Rice

**Herb Crusted Fish** (*seasonal – ask for details*)

**Salmon Fillet** – Oven Poached or Grilled with Pesto

**Pork Medallions** Sautéed with Cider & Mustard

**Other chef's specialties**  
*Ask your operator for details*

**PASTA BAR**

Penne, Spaghetti Noodle or Cheese Tortellini

**Crevettes sautées** aux tomates, Penne Pasta & Basil

**Dinde rôtie et sauce de Pan**

**Rôti de la Nouvelle Angleterre**

**Curry de légumes** aux lentilles & seitan

**Quesadilla** avec des haricots et cheddar – Assiette entière. Végétarien style ou au poulet

**Sauté de légumes** au tofu ou poulet au riz

**Poisson en croûte d'herbe** (de saison - demander des détails)

**Filet de saumon** - Four poché ou grillé au pesto

**Médallions de porc** sauté aux Cidre & Mustard

**Ibindi vyokurya vyoteguwe uyu ateka**

Hamagara uwitaba telefone aguhe andi makuru

**Bar à pâtes**

Penne, spaghetti nouilles ou Tortellini



**MADE WITH YOUR CHOICE OF:**

Marinara, Pesto, Alfredo, or Meat Sauce

*\*Kosher dinners available upon request.*

**FROM THE CHAR BROILER**

**SERVED ON CRACKED WHEAT ROLL WITH LETTUCE AND TOMATO**

Turkey Burger  
Black Bean Vegetarian Burger  
Grilled Chicken Breast

**ON THE SIDE**

Fresh Mashed Potatoes  
Roasted Sweet Potato

Lentil Pilaf  
Steamed White Rice

**DON'T FORGET YOUR VEGETABLES**

Vegetable of the Day  
Carrots  
Whole Green Beans

**ENTREE SALAD**

**SPINACH & TURKEY SALAD**  
Spinach, Turkey, Mandarin oranges,  
Red Onions, Almonds & Beeds  
tossed with Raspberry Vinagrette

au fromage

**VYATEGUWE UKO**

**MUVYIPFUZA:**

Marinara, pesto, Alfredo, sauce à la viande ou des légumes Primavera

*\*Ibyokurya vya Kosher biraboneka mubisavye*

**DE LA CHAIR CARACTÈRES**

**SERVI SUR ROULEAU BLÉ CONCASSÉ NI LAITUE ET TOMATES**

Turquie Burger  
Hamburger à haricot noir végétarien  
Poitrine de poulet grille

**SUR LE CÔTÉ**

Umukubite w'ibiraya  
Ibiraya vyokejwe

Grains Pilaf  
Riz blanc cuit à la vapeur

**NTIMWIBABIRWE IMBOGA**

Imboga z'uyu munsu  
Karoti  
Ibiharage vy'urwatsi rutoto

**SALADE PLAT**

**CAESAR SALAD**

Your choice of Traditional o with chicken

**COTTAGE CHEESE & FRUIT PLATTER**

Served with Banana Bread

**Create Your Own Sandwich****WHOLE OR HALF**

Cheddar

Chicken Salad

Egg salad

Hummus

Low fat Swiss Cheese

Peanut Butter and Jelly

Turkey Breast

Seafood Salad (seasonal, ask for details)

**VEGETABLES**

Lettuce

Tomatoes

Red Onions

Kosher Dill Pickle

**BREADS**

Whole Wheat

White

Cracked Wheat Bulky Roll

**BREAD/CRACKERS**

Whole Wheat Dinner Roll

Crackers

**EPINARDS ET SALADE DE DINDON**

Épinards, dindon, les mandarines, oignons rouges, amandes et perles arrosée de vinaigrette aux framboises

**SALADE CESAR**

Murashobora gucagura ivyokurya vy'ikirundi canke inkoko

**FROMAGE COTTAGE ET PLATEAU DE FRUITS**

Bizanana n'umutake urimwo imihwi

**Mutegure Sandwich yanyu****YOSE CANKE IGICE**

Cheddar

Salade de poulet

Salade aux œufs

Houmous

Fromage faible en gras suisses

Peanut Butter and Jelly

Turquie du sein

Salade de fruits de mer (saisonnier, baza andi makuru)

**IMBOGA**

Laitue

Amatomati

Ibitunguru bitukura

Kosher Dill Pickle

**IMIKATE**

Y'ingano

Yera

Oyster Crackers

**SOMETHING CRUNCHY**

Pretzels

Baked Potato Chips

Sweet Potato Tortilla Chips

Multigrain Tortilla Chips

Fig Newtowns

Rice Krispie Treats

Raisins

**SWEET TEMPTATIONS**

**HOMEMADE CUSTARDS**

Traditional

Pumpkin

Low Fat

**PUDDINGS**

Vanilla

Chocolate

Butterscotch

Tapioca

**HOMEMADE COOKIES**

Oatmeal Raisin

Chocolate Chip

**BAKED GOODS**

Carrot cake

Angel Food Cake *served with Berries*  
(Chocolate or Lemon)

Chocolate Cream Cheese Brownie

Seasonal Fruit Crisp or Cobbler

Rouleau de blé concassé encombrants

**UMUKATE/BISCUITS**

Petit pain au blé entier

Biscuits

Biscuits d'huître

**QUELQUE CHOSE DE**

**CROUSTILLANT**

Bretzels

Frites de pommes de terre au lard

Frites Tortilla de pommes de terre

Frites Tortilla Multigrains

Fig Newtons

Riz Krispies Treats

Raisins

**TENTATIONS SUCREES**

**FLANS MAISON**

Traditionnelle

Citrouille

Faible teneur en gras

**PUDDING**

La vanille

Chocolat

Butterscotch

Tapioca

**BISCUITS MAISON**

**Avoine aux raisins**

**Morceau de chocolat**

**PRODUITS DE BOULANGERIE**

Gâteau aux carottes

*Gâteau des anges servi avec des baies*  
(Chocolat ou au citron)

**GELATINS**

Orange  
 Strawberry  
 Sugar Free Strawberry

**FRUITS**

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

7-DINE (7-3463)

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 wellbeing.

Consume most of your foods from plant sources and include fruits, vegetables, potatoes, whole grains and breads, beans, nuts and seeds.

Brownie de Fromage à la crème  
 Croustade aux fruits de saison ou de Cobble

**GELATINS**

**Orange**  
**Fraise**  
**Fraise sans sucre**

**IVYAMWA**

Fruits de saison  
 Pomme  
 Banane  
 Raisins  
 Coupe de fruits mélangés  
 Orange  
 Compote de pommes  
 Les pêches en conserve  
 Poires en conserve  
 Mandarines

7-DINE (7-3463)

Kurya ivyo kurya vyiza nk'uko babigira hafi ya Mediterranee

Ivyigwa vyarerekanye ko abantu baba hafi ya Mediterranée bafise amagara meza tugereranyije n'abandi kw'isi, ntibakunda kurwara irwara zidakira hamwe na cancer. Ivyo kurya n'ibikorwa vyabo birabafasha cane mu gukira amagara meza.

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.

## Food Matters

### Local Food, Healthy Choices

*At Fletcher Allen we understand that Nutrition and the environment are linked to*

Nimufungure ivyo kurya biva mu vyamwa, imboga, amatomati,ikiraya, imbuto n'imikate, ibiharage, ibiyoba,n'imbuto. Mubishoboye mwocagura ibifungugwa bishasha binoneka aho muba kandi bitarahingurwa cane.

Muhindure amavuta mabi nka (beurre, margarine, amata na fromage) n'amavuta meza (amavuta ya olive n'aya canola) n'ibindi bifungugwa biva mu mata bidafise amavuta menshi.

Nimufungure ku rugero amafi, n'inkoko n'amagi atarenze ane mu ndwi (ushizemwo n'ayakoreshejwe mu guteka no mu mitake). Mufungure inyama gake mu kwezi zitarenze inusu y'ikilo

Nimucagure ivyama bishasha buri muni. Muze murafata bonbon gake mu ndwi ntimuzigire ivyo kurya vya buri muni.

Mugire akamenyero ko kugira ibikorwa n'imyimenyerezo yo kunonora umitsi buri muni.

Baza muganga ku bijanye no kunywa umuvino canke inzoga.

*the health of our patients and our community. This is reflected in our commitment to serving fresh, locally produced, minimally processed foods, and to partnering with over 70 farmers and food producers throughout the region. We buy local food that is nutritious, that is produced in a way that is good for our environment, and that boosts the local economy.*

## **Ibijanye n'ivyokurya**

Ivyokurya vyo ngaho nyene, gucagura neza

*Kw'ivuriro rya fletcher Allen turategera ko ivyokurya n'ibidukikije bisise akamaro ku magara y'abaryayi n'amanyagihugu. Ibi biboneka mu kigoro tugira ko kugabura ivyokurya bishasha, biva ngaha nyene, bitahinguwe gose, kandi dukorana n'abarimwi n'abahingura ivyokurya bashika ku 70 bava muri ino ntara. Tugura ivyo kurya bishasha vyiza, vyarimwe mu buryo butonona ibidukikije kandi buteza imbere ubutunzi bwo ngaha nyene.*