

ENGLISH

SWAHILI

ROOM SERVICE

HUDUMA YA CHUMBA

Menu

Menyu

Fletcher Allen

HEALTH CARE

In alliance with The University of Vermont

Fletcher Allen

MATUNZO YA AFYA

Ikishirikiana na Chuo kikuu cha 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.

Huduma ya chumba

Idara ya Huduma za Lishe inajivunia kukupa tajriba ya kiwango cha juu cha kukula chakula. Menyu inakupa aina tofauti ya vyakula vyenye afya, bichi naya nchini, na baadhi kutoka kwenye bustabi yetu wenyewe.

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.

KUWEKA ODA YAKO

Piga simu Chumba cha Huduma kuweka oda yako saa 12:00 asubuhi – 1:15 usiku.

Kutoka ndani ya Fletcher Allen bonyeza- 7-DINE (7-3463).

Kutoka nje ya Fletcher Allen piga (802) 847-3463 kuoda kwa ajili ya mgonjwa. Tafadhali tuambie kama unatatizo nachakula chochote.

Mpatie mfanyakazi chaguo lako kutoka kwenye menyu.

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

JINSI YA KUAGIZA

- Tafadhali weka oda moja kwa kila simu. Kama mlo wako unaruhusu, tutafurahia kukuletea chakula kingine

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.
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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

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:

kama bado una njaa.

- Kama daktari wako amekushauri mlo uliobadilishwa kidogo, baadhi ya vitu vingine havitakubaliwa. Tutafurahia kukusaidia na chaguo lako.
- Chakula chako kitawasilishwa kati ya dakika 45 baada ya kupiga simu au kwa wakati ulioagiza.

KWA UDHIBITI WA UGONJWA WA KISUKARI

- Tafadhali mwambie muuguzi wako wakati umeagiza chakula chako. Hii itaruhusu wakati mzuri wa kupimwa damu na kipimo cha masharti ya kutumia dawa.

KWA WAGENI TUNA KAFETERIA TATU:

Main Street Café

Inapatikana katika Baird 3, saa 12:30 asubuhi–8:00 mchana, Jumatatu–Ijumaa

Café Express

Inapatikana katika ACC, ghorofa ya 2, saa 12:30 asb–11:00 jioni, Jumatatu–Ijumaa

Harvest Café

Inapatikana katika Ukumbi wa McClure, saa 11:00 asubuhi–9:00 alfajiri, siku saba kwa wiki

Kwa taarifa zaidi kuhusu huduma zetu,

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

Organic

Strawberry or Blueberry

BREAKFAST BAKERY

Whole Wheat Toast

White Toast

Whole Wheat English Muffin

Banana Bread

Selected Muffin of the Day

Plain Bagel

tembelea tovuti yetu, kwenye:

http://www.fletcherallen.org/services/administrative/nutrition_services/

Kifungua kinywa

MATUNDA

Matunda ya msimu

Tufaha

Ndizi

Zabibu

Kikombe cha matunda

yaliyochanganywa

Sehemu za machungwa

Sosi ya tufaha

Pichi za kopo

Pea za kopo

MTINDI

Mtindi wa Greek

Ya kawaida, Vanila, au Stroberi

Mtindi Mwepesi

Bluberi au Raspberi

Asili

Stroberi au buluuberi

MIKATE ILIYOOKWA YA

KUFUNGUA KINYWA

Tosti ya unga wa ngano

Tosti nyeupe

Mafini Kamili ya Kiingereza

ya Joto

Mkate wa Ndizi

Mafini ya Siku Iliyochaguliwa

Bageli ya Kawaida

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.

- 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:

Mdallasini ya Zabibu Kavuu ya Kawaida

Na chaguo la: Jibini ya malai(nyepesi ilisyokuwa na mafuta au mboga) au Siagi ya Karanga na siagi

NAFAKA

- Unga wa shayari
- Malai ya Ngano
- Cheerios
- Granola yenye Mafuta Kidogo
- Cheerios zenye asali
- Bran zenye raisin Pekee
- Mini ngano za baridi
- Flakes za mahindi
- Mchele Chex

Muda wa kifungua kinywa

Kuanzia saa 1:00 asubuhi - 4:15 asubuhi. Oda lazima ziwekwe saa 10:00 asubuhi.

- Mayai ya kuchanganya
- Mayai ya Kuchanganya yasiyo na Koresto
- Keki yenye Vermont Maple Syrup
- Tosti yenye Boga ya Kifaransa iliyo na Shira ya Vermont Maple
- Yai & Sandwich Cheddar juu kwenye ngano Muffin ya Kiingereza
- Kimanda iliyotengenezwa na chaguo

*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

HOT CHOCOLATE

Regular
No sugar Added

COFFEE

Regular
Decaffeinated

TEAS

Regular
Decaffeinated
Chamomile
Lemon Peel

*lako la: Cheddar ya Mafuta Kidogo,
Ugola, Pilipili za Kijani, Vitunguu,
Nyanya au Spinachi*

Vinywaji

MAJI YA MATUNDA

Machungwa
Tufaha
Kranberi
Plamu kavu
Nanasi

CHAI ISIYO NA SUKARI

Ya kawaida
Chamomile

MAZIWA

Ya kawaida
Chokoleti
Lactaid
Soya Kavu
Soya ya Vanila

KAHAWA YA MOTO

Ya kawaida
Isiyoongzwa sukari

KAHAWA

Ya kawaida
Iliyotolewa kafeini

CHAI

Kawaida
Yenye kafeini
Kamomaili
Kidonge cha limau

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 & Vinegar
Ranch, or Fat-free Ranch
Light Italian
Creamy French
Balsamic Vinaigrette

SMALL PLATES

Bruschetta

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

Crudite

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

Tufaha ya mdalasini
Tangawizi
Kijani

CHAKULA CHA MCHANA NA USIKU

*Oda inaweza kuwekwa mpaka saa 1:15
usiku.*

MCHUZI

Krimu ya nyanya
Nudo ya kuku
Dengu za Asiyekula nyama

SALADI ZA PEMBENI

Saladi ya Bustani
Saladi ya Spinach
Saladi ndogo ya Kaizari

SUPU YA KUONGEZA

Mafuta na siki
Ranchi, au Ranchi Iliyokuwa-mafuta
Kiitaliano Nyepesi
Malai ya Kifaransa
Balsamic Vinaigrette

SAHANI NDOGO

Bruschetta

Mchanganyiko wa Nyanya Mbichi,
Basili na Mfuta ya Mzeituni
ikiandaliwa na Krostini

MBICHI

Brokoli, Karoti na Nyanya za Cheri
zikiandaliwa na Kupakwa Malai nzito
chachu ya Maziwa

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
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*

SAHANI YA JIBINI YA CHEDDAR

Jibini ya nchini ya Cheddar
iliyoandaliwa na mikate mikavu

Sahani ya Hummus

Pilipili ya Hummus nyekundu,
inayowekwa na Crostini

Quesadilla

Maharage & jibini ya cheddar, kwa
wasiokula nyama au pamoja na kuku

**Mapendekezo ya yanayopendelewa
na mpishi mkuu**

Pasta ya Penne na Maharagwe Meupe
& Shamari ya kuchoma. Na mtindo wa
mboga au kuku

Ushimba ya nyanya, Penne & Basil

**Bata mzinga aliyerostiwa & Gravy
Pan**

New England Pot Roast

Curried mboga na Dengu & Seitan

Quesadilla na maharage & Cheddar –
Sahani Nzima. Na mtindo wa mboga au
na kuku

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

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

Mboga Zilizokaangwa na Kukorogwa na tofu au kuku juu ya Mchele

Samaki aliyewekwa maganda ya viungo (*kiungo – uliza kwa maelezo zaidi*)

Minofu ya Salmoni – aliyewekwa kwenye oveni au kuchimwa na pesto

Nyama ya nguruwe ya Medallions kusauteed na Cider & Mustard

Utaalamu mwingine wa mpishi mkuu
Muulize mfanyikazi wako kwa maelezo

PASTA BAR

Penne, Nudo ya Spageti au Tortellini ya Jibini

IMETENGENEZWA NA CHAGUO LAKO LA: Marinara, Pesto, Alfred, Sosi ya Nyama au Mboga ya Primavera

**Vyakula vya jioni vya Kosher vinapatikana ukiomba.*

KUTOKA KWENYE MCHEMSHO WA CHAR

IMEANDALIWA KWENYE MKATE MKAVU WA NGANO PAMOJA NA SALADI NA NYANYA

<p>Turkey Burger Black Bean Vegetarian Burger</p> <p>Grilled Chicken Breast</p> <p>ON THE SIDE Fresh Mashed Potatoes Roasted Sweet Potato</p> <p>Lentil Pilaf Steamed White Rice</p> <p>DON'T FORGET YOUR VEGETABLES Vegetable of the Day Carrots Whole Green Beans</p> <p>ENTREE SALAD</p> <p>SPINACH & TURKEY SALAD Spinach, Turkey, Mandarin oranges, Red Onions, Almonds & Beeds tossed with Raspberry Vinagrette</p> <p>CAESAR SALAD Your choice of Traditional o with chicken</p> <p>COTTAGE CHEESE & FRUIT PLATTER Served with Banana Bread</p>	<p>Baga ya Batamzinga Baga ya Maharagwe Nyeusi ya Mlaji Mboga Kifua cha Kuku Aliyechomwa</p> <p>VYA PEMBENI Viavi Vibichi Vilivyopondwa Viazi vilivyookwa</p> <p>Nafaka ya Uyoga wa Mwituni Mchele Mweupe Uliopikwa kwa Mvuke</p> <p>USISAHAU MBOGA ZAKO</p> <p>Mboga za siku Karoti Maharagwe Halisi ya Kijani Vyakula vinavyoletwa baada ya saladi</p> <p>SALADI</p> <p>SPINACHI NA SALADI YA BATAMZINGA Mchicha, Bata mzinga, machungwa ya Mandarin, Vitunguu Vyekundu, Lozi & Beeds zenye Raspberry Vinagrette</p> <p>SALADI YA KAIZARI Chaguo lako la Kiutamaduni, Kuku au Uduvi</p> <p>JIBINI ILIYO NA LADHA & SAHANI YA MATUNDA Inaandaliwa na Mkate wa Ndizi</p>
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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
Oyster Crackers

SOMETHING CRUNCHY

Pretzels
Baked Potato Chips
Sweet Potato Tortilla Chips

Jitengenezee Sandwichi Yako

Mwenyewe

NZIMA AU NUSU

Jibini laini
Saladi ya Kuku
Saladi ya yai
Mboji
Jibini ya Uswizi Yenye
 mafuta kidogo
Siagi ya Njugu na Kiwavi
Kifua cha Batamzinga
Saladi ya Bhakula cha baharini
 (ya msimu, ulizia maelezo)

MBOGA

Saladi
Nyanya
Vitunguu Vyekundu
Tango Iliyotengenezwa
 kwa achali

MKATE

Unga wa Ngano
Nyeupe
Mkate Mkubwa wa Ngano Kavu

MKATE/VITAFUNIO

Mkate wa Ngano
Biskuti
Biskuti za Oyster

VITU VYA KUTAFUNA

Pretzels
Chips za viazi vilivyookwa
Tortilla Chips za viazi vitamu

<p>Multigrain Tortilla Chips Fig Newtowns Rice Krispie Treats Raisins</p> <p>SWEET TEMPTATIONS HOMEMADE CUSTARDS Traditional Pumpkin Low Fat</p> <p>PUDDINGS Vanilla Chocolate Butterscotch Tapioca</p> <p>HOMEMADE COOKIES Oatmeal Raisin Chocolate Chip</p> <p>BAKED GOODS Carrot cake Angel Food Cake <i>served with Berries</i> (Chocolate or Lemon)</p> <p>Chocolate Cream Cheese Brownie Seasonal Fruit Crisp or Cobbler</p> <p>GELATINS Orange Strawberry Sugar Free Strawberry</p>	<p>Multigrain Tortilla Chips Fig Newtowns Krispie zenye mchele Zabibu</p> <p>FALUDA ZILIZOTENGENEZWA NYUMBANI Kiutamaduni Boga Mafuta Kidogo</p> <p>PUDINI Vanila Chokoleti Mchananyiko wa sukari na siagi Tapioka</p> <p>KUKISI ZILIZOTENGENEZWA NYUMBANI Oatmeal Raisin Chocolate Chip</p> <p>BIDHAA ZILIZOOKWA Keki ya karoti Chakula cha malaika cha Keki kinachotolewa <i>na Berries</i> (Chocolate au Limao) Jibini ya Krimu ya Chokoleti Kaukau ya Matunda ya Msimu au Mawe</p> <p>GELATINI Machungwa Stroberi Stroberi zisizo na sukari</p>
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<p>FRUITS</p> <p>Seasonal Fruit</p> <p>Apple</p> <p>Banana</p> <p>Grapes</p> <p>Mixed Fruit Cup</p> <p>Orange</p> <p>Applesauce</p> <p>Canned Peaches</p> <p>Canned Pears</p> <p>Mandarin Oranges</p> <p>7-DINE (7-3463)</p> <p>healthy eating, the mediterranean way</p> <p>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.</p> <p>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.</p> <p>Replace saturated fats (butter,</p>	<p>MATUNDA</p> <p>Matunda ya msimu</p> <p>Tofaa</p> <p>Ndizi</p> <p>Zabibu</p> <p>Kikombe cha Matunda Yaliyochanywa</p> <p>Chungwa</p> <p>Applesauce</p> <p>Pichi za Kopo</p> <p>Pea za Kopo</p> <p>Chenza</p> <p>7-DINE (7-3463)</p> <p>Kula vyakula vya afya, kwa mtindo wa kimediterania</p> <p>Utafiti umeonyesha kuwa watu wanaoishi katika eneo la Mediterania ni miongoni mwa walio na afya ulimwenguni, wakiwa na viwango kidogo vya magonjwa kali na saratani. Chakula na shughuli ya watu katika eneo hilo inachangia jukumu muhimu katika afya yao kijumla na hali njema.</p> <p>Tumia vyakula vyako vingi kutoka kwenye vyanzo vya mimea na jumuisha matunda, mboga, viazi, nafaka halisi na mikate, maharagwe, njugu na mbegu. Wakati unaweza, kuchagua vyakula vibichi vya msimu na kamili vilivyopandwa nchini vilivyotengenezwa kidogo.</p> <p>Badilisha mafuta yaliyokolezwa (siagi,</p>
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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 the health of our patients and our community. This is reflected in our commitment to serving fresh, locally

majarini, maziwa halisi na jibini, a na mafuta ya tropiki) yasiyokolezwa (mzeituni na mafuta ya kanola) na kiwango kidogo cha mafuta au bidhaa za maziwa zisizokuwa-mafuta.

Tumia viwango kiasi vya samaki na kuku na mayai chache isiozidi 4 kwa kila wiki (pamoja na zile zinazotumika kwa kupika na kuoka). Chagua nyama nyekundu mara chache tu kwa mwezi, ukiweka kikomo cha wakia 16 kwa mwezi

Chagua matunda mabichi kama kitindamlo chako cha kila sku. Hifadhi peremende iliyo na kiwango kikubwa cha sukari na mafuta yaliyokolezwa ya wakati maalum lakini si zaidi ya mara chache kwa wiki.

Jumuisha shughuli na mazoezi katika utaratibu wako wa kila siku.

Shauriana na daktari na timu yako ya matunzo kuhusu kunywa mvinyo au kileo.

MASWALA YA CHAKULA

Chakula cha asili, afya Bora

Fletcher Allen tunelewa kwamba Lishe na mazingira vinahusishwa na afya ya wagonjwa wetu na jamii yetu. Hiini inarejea ahadi zetu za kuwahudumia vizuri, kutoa chakula freshi,

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.

vilivyotengenezwa hapa nchini, na kwa kushirikiana na wakulima zaidi ya 70 na wazalishaji wa chakula katika kanda nzima. Sisi tunanunua chakula bora hapa, vinavyozalishwa katika njia bora na nzuri katika mazingira yetu, na inatusaidia kuongeza uchumi wa ndani.