

Dining Services Meals

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

MEAL	REHAB 1	REHAB 2
Breakfast	6:30 AM – 7:30 AM	7:45 AM – 8:45 AM
Lunch	11:30 AM – 12:30 PM	12:45 PM – 1:45 PM
Dinner	4:45 PM – 5:45 PM	6:00 PM – 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.

You may also call to place your meal order at the following phone numbers:

- **Rehab 1:** Dial 5-0692
- **Rehab 2:** Dial 5-1013

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, M-F, 6:30 AM – 2:30 PM
Your guests may also order meals from this menu following instructions above. Method of payment: Credit and Debit card purchases only (cash or checks are not accepted). Payments will be processed upon delivery. Minimum charge accepted for delivery is \$5.25. We ask that you do not tip our servers.

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

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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.

- 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 16oz 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



THE
University of Vermont
MEDICAL CENTER

The heart and science of medicine.

Available Anytime

FRUITS

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

YOGURTS

Greek Style
Plain, Vanilla,
Peach or Maple
Organic
Stawberry
Raspberry
Blueberry

OTHER SIDES

Hard Cooked Egg
Cottage Cheese
Cabot Cheese *(Reg. or Light)*

Yogurt and Fruit Parfait
Peanut Butter
Cream Cheese

Breakfast

CEREALS

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

BREAKFAST BAKERY

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

Breakfast Entrées

Scrambled Eggs or 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 Broccoli

Egg and Cheddar Sandwich - on Whole Wheat English Muffin

Lunch & Dinner

SOUPS

Tomato
Soup of the Day
Chicken Noodle

SIDE SALADS

Garden Salad
Small Caesar Salad
Cottage Cheese
Spinach Salad

DRESSINGS

Oil & Vinegar
Ranch *(Reg. or FF)*
Creamy French
Balsamic Vinaigrette
Honey Mustard

Daily Special

ASK YOUR SERVER FOR DETAILS

ON THE SIDE

Fresh Mashed Potatoes
Steamed White Rice

DON'T FORGET YOUR VEGETABLES

Vegetable of the Day Spinach
Carrots Whole Green Beans

Chef's Favorites

Chicken Parmesan

Roasted Turkey & Pan Gravy

Pan Seared Salmon

New England Pot Roast

Vegetable Stir Fry - with Tofu or Chicken over Rice

Pasta Bar - Penne, Whole Wheat Spaghetti or Cheese Tortellini,
Made with your choice of Marinara, Pesto, Alfredo or Meatballs

Entrée Salad

Caesar Salad - Romaine, Croutons, Parmesan and Caesar Dressing -
Traditional, may add Grilled Chicken or Pan Seared Salmon

Vermont Cobb Salad - Chicken, Cheddar Cheese, Lettuce, Carrots,
Tomatoes, and Honey Mustard Dressing

Create Your Own Sandwich

WHOLE OR HALF

Cheddar
Chicken Salad
Egg Salad
Hummus
Turkey Breast
Tuna Salad

BREADS/ROLLS/CRACKERS

Whole Wheat Bread
White Bread
Whole Wheat Bulky Roll
Whole Wheat Dinner Roll
Crackers
Oyster Crackers

VEGETABLES

Lettuce
Tomatoes
Red Onions
Kosher Dill Pickle

Something Crunchy

Baked Potato Chips
Fig Bar
Fruit & Nut Trail Mix
Multigrain Tortilla Chips
Popcorn

Pretzels
Raisins
Rice Krispie Treats
Sweet Potato Tortilla Chips

Sweet Temptations

HOMEMADE COOKIES

Oatmeal Raisin
Chocolate Chip

BAKED GOODS

Carrot Cake
Cream Cheese Brownie
Traditional Custard
Low Fat Custard
Pumpkin Custard
Seasonal Fruit Crisp or Cobbler
Angel Food Cake

served with Berries

PUDDINGS

Vanilla
Chocolate
Butterscotch
Tapioca
Rice

GELATINS

Orange
Strawberry
Sugar Free Strawberry

Beverages

JUICES

Orange
Apple
Cranberry
Prune
Pineapple
Tomato Juice
V8 Juice

MILK

Skim
Low Fat
Whole
Chocolate
Lactaid
Soy

HOT CHOCOLATE

Low Calorie

COFFEE

Regular
Decaffeinated

UNSWEETENED

ICED TEA

Regular

TEAS - ORGANIC

English Breakfast
Decaffeinated Green
Green
Earl Grey
Mint Herbal
Rooibus Hibiscus
Chamomile Citrus
Lemon Ginger