

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.



Room Service Menu



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 The University of Vermont Medical Center dial **7-DINE (7-3463)**.
- From outside The University of Vermont Medical Center 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.

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.
- Please order condiments to go with your meal.
- Your meal will be delivered within 45 minutes of your call or at the requested time.

FOR DIABETES

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

FOR VISITORS, DINE IN ONE OF OUR CAFÉS

- Main Street Café** – Located on Baird 3, M-F, 6:30am-2:00pm
- Café Express** – Located in the ACC, 2nd floor, M-F, 6:30am-5:00pm
- Garden Atrium** – Located in the ACC, 3rd floor, M-F, 7:30am-4:00pm
- Harvest Café** – Located in the McClure Lobby, 7 days a week, 5:00am-3:00am

You may also order guest meals through Room Service using the Room Service menu. Please request a price list by calling **7-DINE (7-3463)**.

Hours for guest meal orders are from 6:00 am-7:15 pm. Orders may be placed by calling **7-DINE (7-3463)**.

When placing an order, we will confirm patient name and room number, so that we know where to deliver the guest tray.

Method of Payment: Credit and Debit Card purchases only (cash or checks are not accepted). Payment will be processed upon delivery. Minimum charge accepted for delivery is \$5.25. We ask that you do not tip our servers.

Food Matters

Local Food, Healthy Choices

At The University of Vermont Medical Center 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 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.



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER

The heart and science of medicine.

Breakfast

FRUITS

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

YOGURTS

Greek Style
Plain, Vanilla,
Maple or Peach
Regular
Strawberry
Raspberry
Blueberry

CEREALS

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

BREAKFAST SIDES

Whole Wheat	Cinnamon Raisin	Yogurt & Fruit Parfait
English Muffin	Bagel	Cabot Cheddar
Banana Bread	Hard Cooked Egg	(Regular or Light)
Muffin of the Day	Cottage Cheese	Cream Cheese
Plain Bagel	Peanut Butter	(Regular or Vegetable)

Breakfast Entrees

SERVED FROM 7AM-11AM. ORDERS MUST BE PLACED BY 10AM.

Scrambled Eggs or Cholesterol Free Scrambled Eggs

Pancakes - with Vermont Maple Syrup

Seasonal 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 Broccoli

Breakfast Western Wrap - Made with Eggs, Low Fat Cheddar Cheese, Black Beans, Onions and Green Peppers.

Roasted Vegetable Hash

Beverages

JUICES

Orange
Apple
Cranberry
Prune
Pineapple
HOT CHOC.
No Sugar Added
COFFEE
Regular
Decaffeinated

MILK

Skim
Low Fat
Whole
Chocolate
Lactaid
Almond
Chocolate Soy
Vanilla Soy

UNSWEETENED

ICED TEA
Regular

TEAS - ORGANIC

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

Lunch & Dinner

ORDERS MAY BE PLACED UP TO 7:15PM.

SOUPS

Soup of the Day
Cream of Tomato
Chicken Noodle
Vegetarian Lentil

SIDE SALADS

Garden Salad
Small Caesar Salad
Cottage Cheese
Wheat Berry Salad

DRESSING

Oil & Vinegar
Ranch
Fat Free Ranch
Light Italian
Creamy French
Balsamic Vinaigrette

SMALL PLATES

Guacamole served with Pita Chips

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

Boursin Cheese served with Pita Chips

Hummus Plate - Red Pepper Hummus, served with Pita Chips

Quesadilla - Beans & Cheddar, Vegetarian or with Chicken

Daily Special

ASK YOUR OPERATOR FOR DETAILS.

Chef's Favorites

Noodle Bowl - Fresh Vegetables, Chicken and Rice Noodles in a Savory Curry Broth

Grilled Tofu - Served on a bed of Kale, sautéed with Wheat Berries and Lentils

Shrimp Saute - with Tomatoes, Penne Pasta & Basil

Roast Turkey & Pan Gravy

New England Pot Roast

Chicken Alfredo - Traditional, or you may add Broccoli or Tomatoes

Quesadilla with Beans & Cheddar - Full Plate, Vegetarian or with Chicken

Vegetable Stir Fry - with Tofu, Chicken or Shrimp over Rice

Herb Pita Crusted White Fish

Salmon Fillet - Grilled Plain or Marinated in Cilantro Lime Marinade, served with Mango Salsa

Pasta Bar - Penne, Whole Wheat Spaghetti, or Cheese Tortellini, Made with Your Choice of Marinara, Pesto, Alfredo and/or Meatballs

Kosher dinners available upon request

From The Charbroiler

SERVED ON CRACKED WHEAT ROLL WITH LETTUCE & TOMATO

Turkey Burger
Black Bean Vegetarian Burger
Grilled Chicken Breast

ON THE SIDE

Fresh Mashed Potatoes
Roasted Sweet Potatoes
Lentil Pilaf
Steamed White Rice

DON'T FORGET YOUR VEGETABLES

Vegetable of the Day
Carrots
Cooked Broccoli
Cooked Spinach
Whole Green Beans

Entree Salad

VT Cobb Salad - Spinach Salad, with Grilled Chicken, 1/2 Egg, Cheddar Cheese, Guacamole and Grape Tomatoes, served with Honey Mustard Dressing

Caesar Salad - Your Choice of Traditional, Chicken or Salmon

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 & Jelly
Turkey Breast (Low Sodium or Oven Roasted)
Tuna Salad

VEGETABLES

Lettuce
Tomatoes
Red Onions
Kosher Dill Pickle

BREADS/ROLLS/CRACKERS

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

Something Crunchy/Snacks

Baked Potato Chips
Cabot Cheddar (Reg. or Light)
Crackers
Fig Bar
Fruit & Nut Trail Mix
Multigrain Tortilla Chips
Peanut Butter

Popcorn
Pretzels
Raisins
Rice Krispie Treats
Sweet Potato Tortilla Chips
Pan Roasted Mixed Nuts

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 & Berries
Chocolate Cream Cheese Brownie
Seasonal Fruit Crisp or Cobbler

GELATINS

Orange
Strawberry
Sugar Free Strawberry

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