

ROOM SERVICE MENU

Add a guest meal for \$10, cash only please.

CONTROLLED CONSISTENT CARBOHYDRATE DIETS: (#) equals the number of carbohydrates per serving. Choose four carbohydrates per meal.

BREAKFAST

FRUITS

- | | |
|------------------------|-----------------------------|
| Seasonal Fruit Cup (1) | Mango Applesauce (1) |
| Apple (2) | Canned Peaches (1) |
| Banana (2) | Canned Pears (1) |
| Orange (2) | Canned Mandarin Oranges (1) |
| Grapes (1) | Canned Prunes (1) |
| Applesauce (1) | |

YOGURTS

- | | |
|---------------|----------------|
| Greek Style | Regular |
| Plain (.5) | Strawberry (1) |
| Vanilla (1) | Blueberry (1) |
| Blueberry (1) | Raspberrry (1) |
| Peach (1) | Vanilla (1) |

CEREAL

- | | |
|------------------------------------|-----------------------|
| Oatmeal (2) | Raisin Bran (2) |
| Cream of Wheat (2) | Corn Flakes (1) |
| Cream of Rice (2) | Rice Chex (1) |
| Cheerios or Honey Nut Cheerios (1) | Low Fat Granola (2.5) |

BREAKFAST SIDES

- | | |
|---|--|
| English Muffin (2) | Yogurt & Fruit |
| Toast (White, Wheat, Cinnamon Raisin) (1) | Parfait (2) |
| Plain Bagel (4) | Cottage Cheese |
| Cinnamon Raisin Bagel (4) | Banana Bread (2) |
| Home Fries (1) | Muffin of the Day (2) |
| Hard Boiled Egg | Cream Cheese (Reg, Strawberry, or Vegetable) |
| Peanut Butter | |

BREAKFAST ENTREES (Served from 6:30am-11am, orders must be placed by 10am)

- Scrambled Eggs**
- Egg & Cheese Sandwich:** Served on an English muffin (2)
- Omelets/Frittata:** Made with your choice cheddar, low fat Swiss, mushrooms, peppers, onions, tomatoes or broccoli
- Southwestern Breakfast Wrap:** Made with eggs, cheddar cheese, black beans, onions, and peppers (3.5)
- Pancakes (3):** Vermont maple syrup (2.5)
- Seasonal French Toast (3):** Vermont maple syrup (2.5)

LUNCH & DINNER

Orders may be placed up to 6:30pm

FROM THE CHARBROILER

Served on kaiser rolls with lettuce, tomato, and pickle

- Garden Burger (4)**
- Grilled Chicken Breast (3)**
- Hamburger (3)**

On The Side

- Fresh Mashed Potato (1)
- Dinner Roll (1)
- Baked Sweet Potato Wedges (2)
- Baked Potato (2)
- Steamed White or Brown Rice (3)
- Quinoa Pilaf (2)

Vegetables

- Vegetable of the Day
- Carrots
- Broccoli
- Green Beans
- Baby Spinach
- Fresh Beets
- Cole Slaw

ENTRÉE SALAD

- Chef Salad:** Lettuce mix with carrots, cucumbers, tomatoes, turkey, egg, and cheddar cheese
- Caesar:** Your choice of traditional, chicken, salmon or shrimp with homemade croutons
- Spinach:** Baby spinach, strawberries, blueberries and almonds (2)
- Caprese Salad:** Fresh Mozzarella, tomatoes, basil, and extra virgin olive oil served with baguette slices (1)

CREATE YOUR OWN SANDWICH

(Whole or Half)

- Chicken Salad**
- Egg Salad**
- House Made Hummus**
- Tuna Salad**
- Turkey** (Low Sodium or Oven Roasted)
- Peanut Butter & Jelly**

- Cheddar**
- Low Fat Swiss**

- White, Whole Wheat, Marble Rye (2)**
- Kaiser Roll (3)**
- Tortilla (3)**
- Sub Roll (2)**
- Crackers, Oyster Crackers (1)**

BEVERAGES

Juice

- | | |
|---------------|---------------|
| Orange (1) | Pineapple (1) |
| Cranberry (1) | Tomato |
| Apple (1) | V-8 |
| Prune (2) | |

Milk

- Skim (1)
- Low Fat (1)
- Whole (1)
- Chocolate (1)
- Lactaid (1)
- Vanilla Soy (1)

Hot Chocolate (No Sugar Added)

Coffee

- Regular
- Decaffeinated

Teas

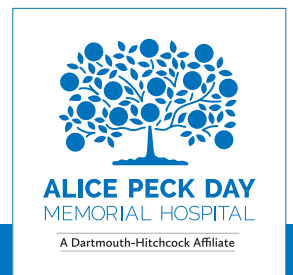
- Lipton
- Earl Grey
- Lemon Green
- Chamomile
- Cinnamon Apple Mint
- Cranberry Apple
- Unsweetened Ice Tea

Lemonade

Water

- Cucumber Sage

PLEASE DIAL 9596 TO ORDER



HEALTHY EATING WITH THE MEDITERRANEAN DIET

THE SCIENCE BEHIND THE DIET: Live a longer, healthier life with the Mediterranean Diet

THE MEDITERRANEAN DIET CAN HELP YOU:

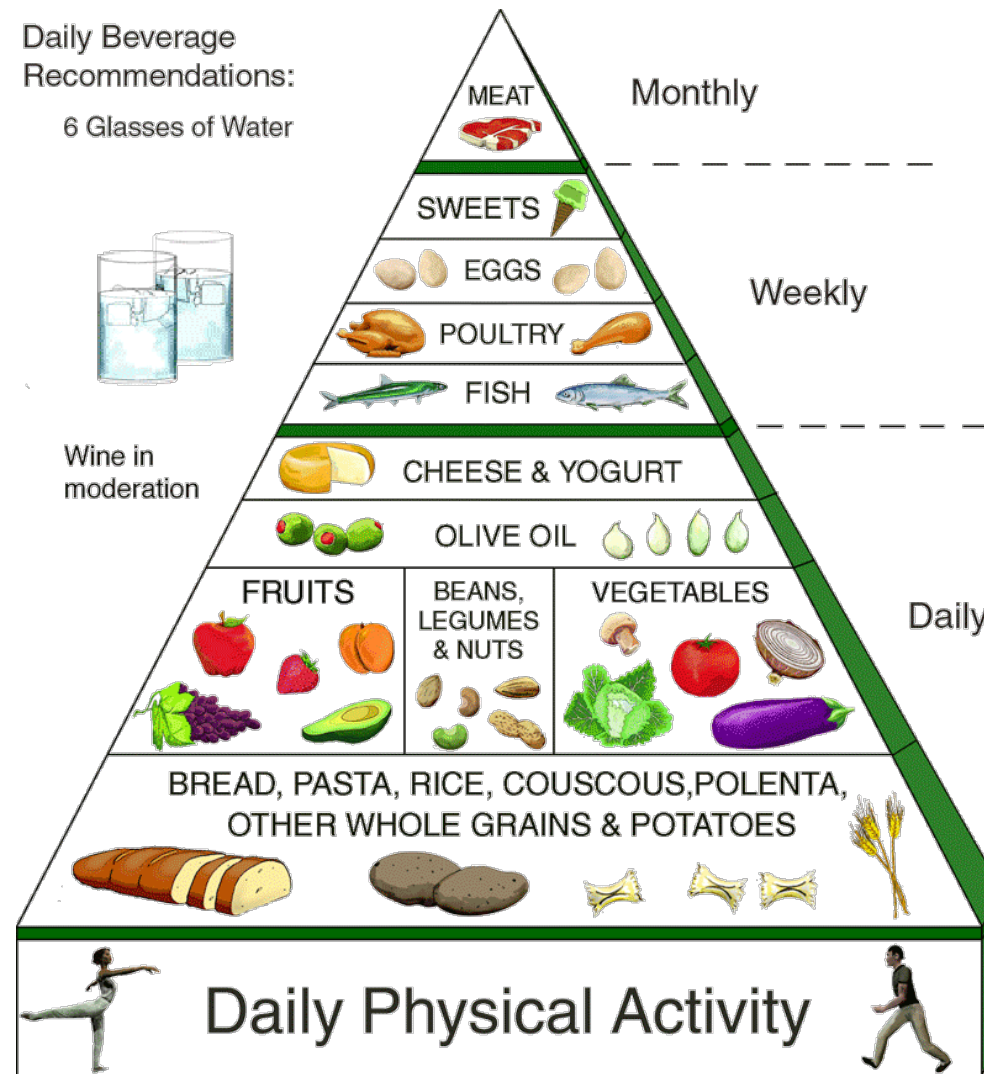
- Lengthen Your Life
- Prevent Asthma
- Fight Certain Cancers
- Protect From Diabetes
- Keep Depression Away
- Prevent Chronic Diseases
- Nurture Healthier Babies
- Ward Off Parkinson's Disease
- Safeguard from Alzheimer's Disease
- Aid Your Weight Loss and Management Efforts
- Lower Risk of Heart Disease and High Blood Pressure

Research has shown that people living in the Mediterranean region are among the healthiest in the world, with low rates of chronic diseases and cancer. It has been clear for decades that the Mediterranean Diet offers one of the healthiest eating patterns on earth. But why is it so healthy?

Is it the olive oil? Is it the leafy greens? Is it the lack of 24 ounce steaks? Although research continues to analyze individual foods, it also repeatedly shows that a healthy diet is much more than the sum of its nutrient parts. One early study of the "whole diet" approach was published in 1995 by Antonia Trichopoulou, Walter Willett, Frank Sacks, and others, in which the original Oldways Mediterranean Diet Pyramid was given center stage.

His study documented the health benefits of a diet "characterized by abundant plant foods (fruit, vegetables, breads, other forms of cereals, potatoes, beans, nuts, and seeds) fresh fruit as the typical daily dessert, olive oil as the principal source of fat, dairy products (principally cheese and yogurt), and fish and poultry consumed in low to moderate amounts, zero to four eggs consumed weekly, red meat consumed in low amounts, and wine consumed in low to moderate amounts, normally with meals."

In subsequent years the body of scientific evidence supporting the healthfulness of the traditional Mediterranean Diet has continued to grow.



LOCAL FARMS AND PRODUCERS

Alice Peck Day Memorial Hospital is proud to support local farms, local producers, and the local economy. Here's a selection of the 70+ local producers we support through our menu.

Baker's Studio
White River Junction, VT

Beaver Pond Farm
Newport, NH

Boggy Meadows Farm
Walpole, NH

CMC Mushrooms
Keene, NH

Deep Root Organic
Johnson, VT

Green Mountain Blue Cheese
Highgate, VT

Hemingway Farms
Charlestown, NH

King Arthur Flour
Norwich, VT

Misty Knoll Farm
New Haven, VT

Pierson Farm
Bradford, VT

Scott Farm Orchard
Dummerstone, VT

Thistle Hill Farm
North Pomfret, VT