



ALICE PECK DAY
MEMORIAL HOSPITAL
A Dartmouth-Hitchcock Affiliate

ROOM SERVICE MENU

PLEASE DIAL 9596 TO ORDER

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

BREAKFAST

SERVED 6:30AM-9:00AM

Buttermilk Pancakes or Texas French Toast (3)
with Vermont Maple Syrup (2) or sugar-free syrup
topped with strawberries, blueberries or bananas (1)

GF Pancakes (2)

Eggs and Potatoes

egg whites, scrambled, fried, hard boiled
poached, frittata, omelet (1)
home fries, hash brown patty (1)

Breakfast Sandwich

choice of bread, meat and cheese (2) on a bagel (4)

Made-to-Order Omelets (choose your fillings)

diced tomatoes, broccoli, mushrooms, onions
red or green peppers, salsa, spinach
cabot cheddar cheese, alpine lace low-sodium low-fat
cheese or white american cheese
bacon, ham, sausage patties
sausage links, turkey sausage

Breakfast Breads

plain bagel or cinnamon raisin bagel (4)
whole wheat, white, rye or cinnamon raisin toast (1)

GF white rice (1)

english muffin (2) **GF** english muffin

blueberry muffin (2) corn muffin (2)

honey bran muffin (2)

GF blueberry (2) **GF** corn muffin (2)

Cereal

oatmeal, cream of rice, cream of wheat, mini wheats (2)
corn flakes, all bran, rice crispies (1)
cheerios, honey nut cheerios, rice chex, raisin bran (1)
low fat granola with raisins (2)

Fruit

apple, orange, red or green grapes, fresh fruit cup (1)
1/2 banana (1) whole banana (2)
canned: mandarin oranges, pears, peaches, mixed fruit (1)
applesauce, mango applesauce (1)

Yogurt

plain greek (.5)

blueberry, strawberry, peach, pineapple, vanilla (1)

Light & Fit: strawberry, raspberry, peach, vanilla (1)

Yogurt Parfait

granola and fruit with yogurt (2)

LUNCH AND DINNER

LUNCH SERVED 11:30AM-1:30PM

DINNER SERVED 4:30PM-6:30PM

Appetizers

Shrimp Cocktail

Hummus with Veggie Sticks or Pita Bread (1)

Soup

Chicken noodle (.5)

Soup of the day (1)

Tomato (1.5)

Vegetable (1.5)

Entrées

Shepherd's Pie (2)

seasoned local ground beef
raised without the use of antibiotics or hormones
served with mixed vegetables
topped with mashed potatoes

Grilled or Baked Chicken Breast
topped with spinach and diced tomatoes

Grilled, Baked or Poached Salmon

Pasta with Homemade Marinara (3)
available with meatballs

Homemade Meatloaf with Gravy
locally sourced without the use of antibiotics

Hot Roast Turkey Dinner
served with stuffing (1) potato (1) and gravy

Open Faced Sandwich (1)

Vegetable Stir Fry with Tofu or Black Beans (1)
served with brown or white rice (3)

Oven Baked Haddock with Lemon

Shrimp Scampi over Linguini (3)
GF penne (3) or spaghetti (3)

Cabot Cheddar Macaroni & Cheese (3)
GF penne (3)

CONTROLLED CONSISTENT CARBOHYDRATE DIETS

CHOOSE FOUR (4) CARBOHYDRATES PER MEAL

(#) EQUALS THE NUMBER OF CARBOHYDRATES PER SERVING

A nutrition aide will take your order in person. Please dial 9596 with questions.

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LIGHT FARE

Garden Salad

Lettuce mix with carrots, cucumbers and tomatoes

Chef Salad

Garden salad with chopped ham, chopped turkey
hard boiled egg and shredded cheddar cheese

Spinach Salad

Blueberry, mandarin orange and almond
spinach salad with craisins (2)

add cheese, chicken or shrimp to any salad.

Salad Dressings

Ranch, Honey Mustard, (1) Balsamic Vinagrette
Bleu Cheese, Italian, Oil & Vinegar
Catalina, Fat Free Ranch (1)

Hot Sandwiches

Grilled chicken breast on bulkie or wrap (3)
Veggie burger (3)
Grilled cheese (2)
Hamburger (2)

Roasted vegetable wrap with zucchini, summer squash
red onion and spinach (3)

Cold Sandwiches

Ham (2)
Chicken Salad (2)
Egg Salad (2)
Tuna Salad (2)
Roast Turkey Breast (2)
Peanut Butter and Jelly (2)

Chicken, Egg or Tuna plate with crackers (1)

All sandwiches are served on your choice of bread.

Lettuce, tomato, onion and pickle are available upon request.

Breads

wrap (3) bulkie (3) 6-inch sub roll (3)
wheat, white, rye bread 1 slice (1) 2 slices (2)

Cheeses

alpine lace low-sodium low-fat swiss, cabot cheddar
provolone, white american

Cream Cheeses, Syrups, Toppings

regular cream cheese, light cream cheese
strawberry cream cheese
Vermont maple syrup (2)
diet syrup
brown sugar (1)
cinnamon
raisins/craisins (1)

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SIDES

baby spinach, beets, carrots, broccoli
cole slaw, green beans
black beans, garbonzo beans (1)
dinner roll (1)
mashed potatoes (1)
baked potatoes (2)
baked potato chips (1)
baked sweet potatoes (2)
potato wedges, sweet potato wedges (1)
brown rice, white rice (3)
buttered pasta (3)
stuffing (1)

DESSERTS

Homemade chocolate brownie or **GF** (2)
Homemade blondie brownie or **GF** (2)
Homemade blueberry crisp with whipped topping (2)
Angel food cake (1) with fresh berries (2)
Homemade chocolate chip cookie (2)
Homemade peanut butter cookie (2)
GF chocolate chip cookie (2)
GF peanut butter cookie (2)
Fresh fruit cup (1)

Jello

regular strawberry, regular orange (1)
sugar-free strawberry, sugar-free orange

Pudding

butterscotch, chocolate, tapioca, vanilla (2)
sugar free options available (1)
homemade custard (1)

Ice Cream and Sherbet

chocolate, coffee, strawberry, vanilla (1)
no sugar added vanilla (1)
raspberry sherbet (2)
lactose-free vanilla (1)

Condiments

whipped butter, smart balance margarine, honey (1)
almonds, peanut butter, peanuts
salsa, sour cream, cottage cheese

Jelly

strawberry, orange marmalade, grape, diet mixed fruit

BEVERAGES

Coffee regular, decaf or iced

Tea regular, decaf or iced.

Please ask for herbal tea flavors.

Juice

low sodium V-8, tomato
diet cranberry
apple, cranberry, orange, pineapple (1)
grape (1) prune (2)

Milk

whole, skim, 2%, lactaid, soy (1)
chocolate milk (2)
regular or sugar free hot chocolate (1)

Fruit Smoothie

fruit mixed with Light & Fit yogurt and ice (2)

Water and Lemonade

Cucumber sage water, gingerale (1) diet gingerale
Crystal Light lemonade, Crystal Light raspberry ice

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