

## BEVERAGES

### COFFEE

Regular  
Decaffeinated

### HOT CHOCOLATE

No sugar added (.5) 7.5 g

### JUICE

Apple (1) 15 g  
Cranberry (1) 15 g  
Orange (1) 15 g  
Pineapple (1) 15 g  
Prune (2) 30 g  
Tomato  
V-8

### LEMONADE

### MILK

Chocolate (2) 30 g  
Lactaid (1) 12 g  
Low Fat (1) 12 g  
Skim (1) 12 g  
Vanilla Soy (1) 12 g  
Whole (1) 12 g

### WATER

Cucumber Sage

### TEA

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

APD is proud to support local farms, local producers, and the local economy. Here are a few of the 70+ local producers we support through our menu.

- 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 Baking Company, Norwich, VT
- Laroque Farm, Randolph, VT
- McNamara Dairy, Plainfield, NH
- Misty Knoll Farm, New Haven, VT
- Pierson Farm, Bradford, VT
- Scott Farm Orchard, Dummerstone, VT
- Thistle Hill Farm, North Pomfret, VT

# APD

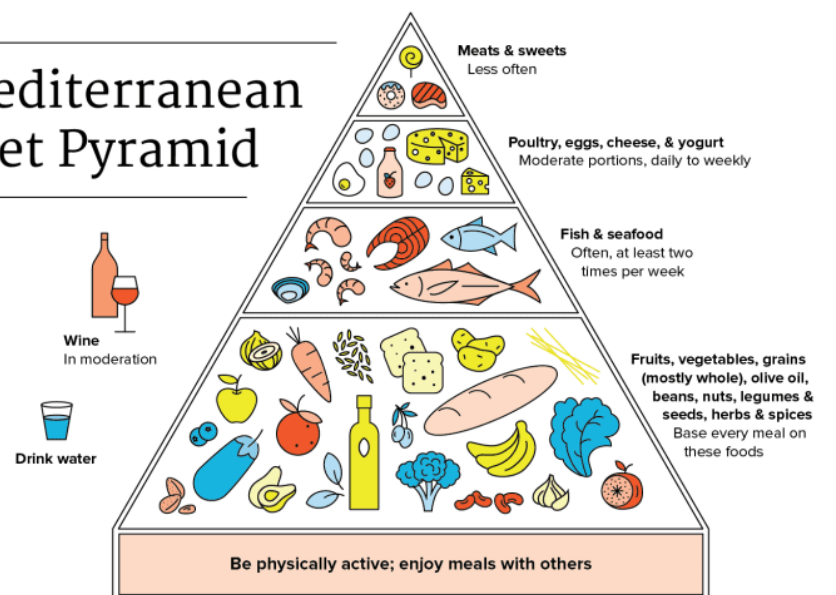
## ROOM SERVICE REGULAR MENU

## DIAL 8-0038 TO ORDER

Breakfast is served from 6:30am-11am, orders must be placed by 10am. Lunch and dinner orders may be placed until 6:00pm.

Nutrition Services is committed to providing homemade, nutritious food for our patients. We do whatever we can to make each patient's stay more pleasant, whether that means preparing ethnic, vegetarian, or vegan cuisine, or finding special items.

## Mediterranean Diet Pyramid



We follow the Mediterranean diet, which includes legumes, seeds, and olive oil as the building blocks of meals. The diet emphasizes fresh produce including vegetables, fish, and fruits. These are a rich source of vitamins, fiber, minerals, healthy fats, and phytochemicals, helping achieve a healthy body. The diet is based on the eating habits of long-living adults from the Mediterranean and offers guidelines regarding what foods to eat regularly and what to eat less often than other foods.

**Controlled consistent carbohydrate diets.** (#) equals the number of carbohydrates per serving.

Choose 4 carbohydrates per meal. 1 serving = 15 grams.

## BREAKFAST

### CEREAL

Cheerios (1) 15 g or Honey Nut Cheerios (1.5) 22.5 g

Corn Flakes (1) 15 g

Cream of Rice (2) 30 g

Cream of Wheat (2) 30 g

Oatmeal (2) 30 g

Raisin Bran (2) 30 g

Rice Chex (1) 15 g

Low Fat Granola (2.5) 37.5 g

### FRUIT

**FRESH** Apple (2) 30 g Banana (2) 30 g Orange (2) 30 g Grapes (1)

15 g Applesauce (1) 15 g Mango Applesauce (1) 15 g

**CANNED** Peaches (1) 15 g Pears (1) 15 g Mandarin Oranges (1)

15 g Prunes (1) 15 g Seasonal Fruit Cup (1) 15 g

### YOGURT

Regular Style or Greek Style Plain (.5) Vanilla (1) 15 g

Yogurt and Fruit Parfait (2) 30 g

Add any **FRUIT** from above

### BREAKFAST SIDES

English Muffin (2) 30 g Home Fries (1) 15 g

White, Wheat, or Cinnamon Raisin Toast (1) 15 g

Plain Bagel (4) 60 g Cinnamon Raisin Bagel (4) 60 g

Hard Boiled Egg, Peanut Butter, Cottage Cheese

Banana Bread (2) 30 g Muffin of the Day (2) 30 g

Cream Cheese (Regular, Strawberry, or Vegetable)

### SOUP

Chicken Noodle (.5) 7.5 g Lentil Stew (2) 30 g

Tomato (1.5) 22.5 g Vegetable (1.5) 22.5 g

### SIDE SALADS AND DRESSINGS

Garden Salad, Caesar Salad, Cottage Cheese

Oil & Vinegar, Ranch, Fat Free Ranch (1) 15 g

Golden Italian, Balsamic Vin, Raspberry Vin (.5) 7.5 g

## LUNCH AND DINNER

### SMALL PLATES

**Chips and Salsa** (1) 15 g

**Crudit ** Broccoli, Carrots, and Cherry Tomatoes, served with your choice of dressing

**Hummus Plate** House-made Garlic Hummus, served with oven toasted pita chips (1) 15 g

**Quesadilla** Beans and Cheddar, vegetarian or add chicken (3.5) 52.5 g

**SIDES** Baked Potato Wedges (2) 30 g Baked Sweet Potato Wedges (2)

30 g Baked Potato (2) Dinner Roll (1) Fresh Mashed Potato (1)

Steamed White or Brown Rice (3)

### ENTR E SALADS

**Chef Salad** Lettuce mix with carrots, cucumbers, tomatoes, turkey, egg, and cheddar cheese

**Caesar Salad** Your choice of traditional, chicken, salmon, or shrimp with house-made croutons

**Spinach** Baby spinach, strawberries, blueberries and almonds (2) 30 g

**Caprese Salad** Fresh Mozzarella, tomatoes, basil, and extra virgin olive oil served with baguette slices (1) 15 g

### CREATE YOUR OWN SANDWICH (WHOLE OR  )

Chicken Salad, Egg Salad, House-made Hummus, Tuna Salad

Turkey (Low Sodium or Oven Roasted) Peanut Butter & Jelly

Cheddar, Swiss, White, Whole Wheat, Rye (2) 30 g

Kaiser Roll (3) 45 g Tortilla (3) 45 g Sub Roll (2) 30 g Crackers, Oyster

Crackers (1) 15 g

### FROM THE CHARBROILER

Served on a kaiser roll with lettuce, tomato, and pickle

Garden Burger (4) 60 g Grilled Chicken Breast (3) Hamburger (3)

### SNACKS

Baked Potato Chips (1.5) 22.5 g Cabot Cheddar, Cheddar Goldfish (1)

15 g Cheddar Popcorn (1) 15 g Chex Mix (2.5) 37.5 g Fig Bar (1.5)

22.5 g Fruit and Nut Bar (1.5) 22.5 g Graham Cracker (1) 15 g Peanut

Butter, Pretzel Goldfish (1) Raisins or Craisins (2) Rice Krispie Treat (2)

Saltine Crackers (1) 15 g Slivered Almonds, Sunflower Seeds, Tortilla

Chips (2) 30 g

## BREAKFAST ENTR ES

Scrambled Eggs

Egg and Cheese Sandwich, served on an English muffin (2) 30 g

Omelets or Frittata, made with your choice of cheddar, Swiss, mushrooms, peppers, onions, tomatoes, or broccoli

Southwestern Breakfast Wrap, made with eggs, cheddar cheese, black beans, onions, and peppers (3.5) 52.5 g

Pancakes (3) 45 g Vermont maple syrup (2.5) 37.5 g

Seasonal French Toast (3) 45 g Vermont maple syrup (2.5)

## LUNCH AND DINNER HOUSE SPECIALTIES

**Chef's Special** (Ask operator or your server for details)

**Lemon Parmesan Quinoa Bowl** Vegetarian, chicken or shrimp, substitute quinoa with rice (2) 30 g

**Vegetable Stir Fry** Local vegetables tossed with tofu, chicken, or shrimp served over white or brown rice (3) 45 g

**Shrimp Scampi** with garlic, tomatoes, white wine and linguini (3) 45 g

Lemon & Herb Baked **White Fish**

**Salmon Filet** grilled plain or lemon thyme marinade, served with a zesty house-made salsa

**Turkey Tortellini Pesto** with tomatoes (3) 45 g

**Roast Turkey** and pan gravy

Grilled Honey Ginger **Pork Chops** (1) 15 g

**Pasta Bar** spaghetti, whole wheat penne (3) 45 g or cheese tortellini (3) 45 g with choice of marinara, pesto, alfredo and/or meatballs

**On the Side:** Vegetable of the day, carrots, broccoli, green beans, baby spinach, fresh beets, cole slaw