Room Service Menu

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).

For more information about our services visit our website: UVMHealth.org/MedCenter

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 fresh meat 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.

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, is produced in a way that is good for our environment, and that boosts the local economy.

Room Service

REV. 5/2018
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 English Muffin
Banana Bread
Muffin of the Day
Plain Bagel
Cinnamon Raisin Bagel
Hard Cooked Egg
Cottage Cheese
Butter Nut Peanut Butter
Yogurt & Fruit Parfait

Beverages

JUICES
Orange
Apple
 Cranberry
Pineapple
HOT CHOC.
No Sugar Added
COFFEE
Regular
Decaffeinated
ICED TEA
Regular

TEAS - ORGANIC

English Breakfast
Decaffeinated Green
Green
Earl Grey
Lemon Ginger

Breakfast Entrees

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

- Roasted Vegetable Hash
  - Roasted Vegetable Hash
  - Cheese, Black Beans, Onions and Green Peppers.

- Breakfast Western Wrap –
  - Mushrooms, Green Peppers, Onions, Tomatoes or Broccoli
  - Made with your choice of: Low Fat Cheddar,

- Omelettes –
  - Egg & Cheddar Sandwich –
    on Whole Wheat English Muffin

- Seasonal French Toast –
  - Vermont Maple Syrup
  - or Cholesterol Free Scrambled Eggs

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

- Breakfast Entrees
  - Roasted Vegetable Hash
  - Cheese, Black Beans, Onions and Green Peppers.
  - Made with your choice of: Low Fat Cheddar,

- Roasted Vegetable Hash
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Lunch & Dinner

ORDERS MAY BE PLACED UP TO 7:30PM.

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
Crudités = 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

Entree Salad

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

Cottage Cheese & Fruit Platter = Served with Banana Bread

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 Chili
Steamed White Rice

DON’T FORGET YOUR VEGETABLES
Vegetable of the Day
Carrots
Cooked Broccoli
Cooked Spinach
Whole Green Beans

Create Your Own Sandwich

BREADS/ROLLS/CRACKERS
Whole Wheat
Whole Grain
White Wheat
Cracked Wheat Bulky Roll
Whole Wheat Dinner Roll
Crackers
Oyster Crackers

Kosher dinners available upon request

Sweet Temptations

HOMEMADE CUSTARDS
Traditional
Puddings

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

For more information, please contact 7-DINE (7-3463)

- 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

- Kosher dinners available upon request

- Soy & Nut Free
- Made with your choice of: Low Fat Cheddar,

- Apple
- Banana
- Grapes
- Mixed Fruit Cup
- Orange
- Applesauce
- Canned Peaches
- Canned Pears
- Mandarin Oranges
- Yogurt & Fruit Parfait

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