



**The Nutrition and Food Service Department wants you to be extremely happy with your meals during your stay at Monongahela Valley Hospital.**

The Nutrition Assistant will use your physician ordered diet prescription to guide you in your choices. Diet appropriate alternatives are always available upon your request.

As a hospital patient you may order food from 6 a.m. to 6p.m. Your family and friends are encouraged to sample the menu in our Gift Shop or Cafeteria.

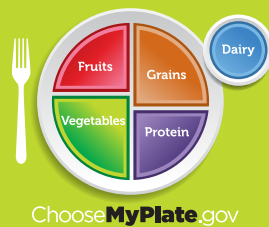
However, if you have a friend or family member who wishes to dine with you, guest meals consisting of one each entree, salad, starch, vegetable, dessert and beverage may be purchased for a nominal charge by calling the number below.

**Bon Appétit!**

For assistance with your meals, press the Dietary button on your phone, dial EXT: 4115 or ask your Nutrition Assistant.

# What's on Your Plate?

At Monongahela Valley Hospital we encourage our patients and community members to make healthy food choices every day. Following the simple **MyPlate** guidelines shown below will help you get the right amounts from each of the five food groups. Each color represents the five food groups (grains, vegetables, fruits, dairy, and protein).



**VEGETABLES:** Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes. Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish. Fresh, frozen, and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned veggies.

**How Much?** Eat 2 - 3 cups every day

**FRUITS:** Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes. Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits. Select 100% fruit juice when choosing juices.

**How Much?** Eat 1½ - 2 cups every day

**GRAINS:** Substitute wholegrain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta. Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient name. Choose products that name a whole grain first on the ingredients list.

**How Much?** Eat 5 - 7 servings every day

**DAIRY:** Choose skim (fatfree) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Top fruit salads and baked potatoes with low-fat yogurt. If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).

**How Much?** Get 3 servings every day

**PROTEIN:** Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs. Twice a week, make seafood the protein on your plate. Choose lean meats and ground beef that are at least 90% lean. Trim or drain fat from meat and remove skin from poultry to cut fat and calories.

**How Much?** Eat 5 - 6 ounces every day

The amounts listed above are for someone who needs approximately 2,000 calories per day. You might need more or less, depending on your age, gender and activity level.



# In-Room Dining Menu



**FOR ASSISTANCE:**  
**Press the Dietary button on your phone,**  
**Dial EXT: 4115 or ask your Nutrition Assistant.**  
**Services Available from 6:00 AM - 6:00 PM**

# OUR DINE ANYTIME MENU

## BREAKFAST

Omelet  
(cheese and egg substitute available)  
French Toast (Carb 1)  
Pancake (Carb 1)  
Scrambled Eggs  
(egg substitute available)  
Home Fries (Carb 1)  
Hard Cooked Egg  
Bacon  
Turkey Bacon  
Sausage

## CEREAL (All Carb 1)

Oatmeal, Cream of Wheat,  
Raisin Bran, Corn Flakes,  
Cheerios, Rice Krispies

## BAKERY

English Muffin (Carb 2)  
Blueberry Muffin (Carb 1)  
Orange Muffin (Carb 1)  
Plain Bagel (Carb 2.5)  
Raisin Bagel (Carb 3)  
Glazed Doughnut (Carb 2.5)

**Toast (All Carb 1):** White, Wheat  
or Rye

## YOGURT AND FRUIT

Fruit Yogurt (Carb 1)  
Cottage Cheese  
Fresh Fruit Cup (Carb 1)

**Fruits (All Carb 1):** Apple, Banana,  
Mandarin Oranges, Orange,  
Applesauce, Stewed Prunes,  
Canned Pears, Canned  
Peaches

## STARTERS

Wedding Soup (Carb 1)  
Vegetable Soup (Carb ½)  
Tomato Soup (Carb 1)  
Chicken Pastina (Carb 1)  
Beef, Chicken, or  
Vegetable Broth  
(served with crackers, whole  
wheat crackers or low salt  
crackers, (All Carb 1))

## ENTREE SALADS

Garden Salad  
Chef Salad (Carb 0.5)  
Fruit and Cottage  
Cheese (Carb 2)

## DRESSINGS

Ranch  
Italian  
Oil and Vinegar  
Fat Free Ranch (Carb ½)  
Fat Free Italian

**BREAKFAST**  
6:00AM-6:00PM

**LUNCH AND DINNER**  
11:00AM-6:00PM

**CALL EXT. 4115**

## ENTREES

Meatloaf  
Parmesan Crusted Baked Tilapia  
Macaroni and Cheese (Carb 3)  
Penne with Marinara Sauce (Carb 3)  
Breaded Pork Chop (Carb 1)  
Roast Turkey served with Gravy  
Italian Marinated Chicken Breast

## FROM THE GRILL

Hamburger  
Cheeseburger  
Turkey Burger  
Veggie Burger  
Grilled Cheese

## OVEN BAKED PIZZA

(Carb 2.5) Per Slice  
Toppings Available:  
Cheese  
Pepperoni  
Vegetable

## SANDWICHES

Turkey  
Ham  
Grilled Chicken  
Egg Salad  
Tuna Salad  
Chicken Salad

## BREADS

Wheat Bread (Carb 1)  
White Bread (Carb 1)  
Italian Bread (Carb 1)  
Hamburger Bun (Carb 2)  
Whole Wheat Bun (Carb 2)  
Rye Bread (Carb 1)  
Soft Dinner Roll (Carb 1)

## ADD ON

Low Sodium Swiss Cheese  
Provolone Cheese  
American Cheese  
Lettuce  
Tomato  
Onion  
Pickles

## BEVERAGES

**Milk:** Skim (Carb 1), 2% (Carb 1),  
Chocolate (Carb 2),  
Lactaid (Carb 1) or Soy (Carb 1)  
**Juice:** Apple (Carb 1),  
Cranberry (Carb 1),  
Orange (Carb 1), Prune (Carb 1),  
V8 (Carb ½),  
Low Sodium V8 (Carb ½)  
**Coffee:** Regular, Decaf  
**Tea:** Hot or Iced  
Pepsi (Carb 1)  
Diet Pepsi  
Caffeine Free Diet Pepsi  
Ginger Ale (Carb 1)  
Diet Ginger Ale  
Cocoa (Carb 1.5)  
No Added Sugar Cocoa (Carb 1)

## SIDES

Macaroni Salad (Carb 1)  
Potato Salad (Carb 1)  
Coleslaw (Carb 1)  
Green Beans  
Steamed Broccoli & Cauliflower  
Carrots  
Mashed Potatoes (Carb 1)  
Baked Potato (Carb 1)  
White or Brown Rice (Carb 1)  
Seasoned Noodles (Carb 1)  
Steak Fries (Carb 3)

## DESSERTS

Chocolate Chip Cookie (Carb 1)  
Oatmeal Raisin Cookie (Carb 1)  
Angel Food Cake Plain (Carb 2) (strawberry sauce (Carb 1))  
Cheesecake (Carb 1.5) (strawberry sauce (Carb 1))  
Jello Cake (Carb 2)  
Gelatin (regular (Carb 1), sugar free)  
Pudding (chocolate or vanilla, regular (Carb 2) or sugar free (Carb 1))  
Ice Cream (Carb 1) (vanilla, chocolate, or no sugar added)  
Sherbert (Carb 2) (orange or raspberry)  
Sorbet (Carb 2) (orange, lemon and raspberry)  
Frozen Yogurt (Carb 1) (chocolate or vanilla)  
Baked Custard (Carb 1)  
Lemon Meringue Pie (Carb 2) & Apple Pie (Carb 3)

## CONDIMENTS

• Mayo • Low Fat Mayo • Mustard • Ketchup  
• Hot Sauce • Relish • Parmesan Cheese • Tartar Sauce  
• Lemon Packet • Honey (Carb 1) • Peanut Butter • Jelly (Carb 1)  
• Sugar Free Jelly • Sugar (Carb 1) • Brown Sugar (Carb 1)  
• Splenda • Salt • Pepper • Mrs. Dash • Butter • Margarine  
• Sour Cream • Cream Cheese • Low Fat Cream Cheese  
• Half N'Half • Non Dairy Creamer

**(Carb 1) - INDICATES CARBOHYDRATES  
IN ITEM**

