DINING
FOR ALL SEASONS



Virginia State Symbols: State Bird, Cardinal and State Flower, American Dogwood

Our Patient Experience Is Invaluable

Welcome to Carilion Clinic. We are committed to serving our community, providing quality care close to home for nearly 1 million Virginians.

Thank you for choosing our hospitals and entrusting us with your health. We strive to do our best to serve your specific needs and your complete experience matters.

We want you to be comfortable while staying with us and want to remove all fears and discomforts of being away from home.

Please enjoy our new menu selections made from the freshest of ingredients, featuring local favorites for your dining pleasure.

Our Dining and Nutrition Services team will support your complete nutritional care specific to physician-prescribed dietary modifications. Please do not hesitate to reach out to our staff if you are in need of assistance in any areas.

In Good Health,

Department of Dining and Nutrition Services

About Our Menu

Our goal within Carilion Dining and Nutrition Services is to provide you with delicious food and the very best services possible.

This menu was designed based on the best available fresh, local and sustainable food products, prepared by our chefs, keeping your physician-prescribed diet restrictions in mind. Nutrition is critical in the healing process. Each day you have a choice of our hot signature chef's special, cold salad/deli selection and an alternate hot entrée selection. Other available additional items are also listed on your menu. We believe any diet can include a variety of foods with balance and moderation.

Your Dining Service Associate (DSA) will visit or call you daily to get your menu choices.

Your DSA is: _____

How to contact them: _____

We want your stay to be a pleasant one. If you have any questions or special needs please feel free to call us anytime between the hours of 7 a.m. and 6 p.m.

Meal Service Periods

Breakfast: 8 a.m.
Lunch: noon
Dinner: 5 p.m.

Patient Menu



Carilion Ready Menu

CARILION CLINIC

Lunch

Sunday

Glazed Meatloaf
Diced Rosemary Potatoes
Green Beans

Alternative
Grilled Chicken Sandwich
Diced Rosemary Potatoes

Chef Select Salads, Sandwiches and Breads
Dinner Roll
Garden Salad
California Cobb Salad
Chef Salad

Desserts
Diced Peaches
SF Vanilla Ice Cream

Beverages
Whole Milk, Chocolate Milk, 1% Milk
Lemonade, Fruit Juice
Bottled Water, Unsweetened Iced Tea

Condiments
Salt, Chef Seasoning, Pepper, Sugar,
Sugar Sub, Butter, Lemon Juice,
Salad Dressing, Ketchup

Name _____ Room# _____
Diet Order _____

Dinner

Sunday

Lasagna Cheese Rollup
Marinara Sauce
Broccoli

Alternative
Grilled Chicken Sandwich
Diced Rosemary Potatoes
Green Beans

Chef Select Salads, Sandwiches and Breads
Garlic Bread
Garden Salad
California Cobb Salad
Chef Salad
Dinner Roll

Desserts
Grapes
SF Chocolate Cheesecake Cup

Beverages
Whole Milk, Chocolate Milk, 1% Milk
Lemonade, Fruit Juice
Bottled Water, Unsweetened Iced Tea

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub
Butter, Lemon Juice, Salad Dressing, Parmesan Cheese

Name _____ Room# _____
Diet Order _____

Breakfast

Monday

Ham & Cheese Omelet (2)
Biscuit
Greek Yogurt

Alternative
Scrambled Eggs
Diced Rosemary Potatoes
Pork Sausage Patty
Biscuit

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Coffee, Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced tea,
Hot Tea, Hot Chocolate

Condiments
Salt, Chef Seasoning, Pepper, Sugar,
Sugar Sub, Butter, Lemon Juice, Coffee Creamer
Jelly, Diet Jelly

Name _____ Room# _____
Diet Order _____

Lunch

Monday

Chicken & Dumplings
Green Beans

Alternative
Hamburger on Bun
Broccoli

Chef Select Salads, Sandwiches and Breads
Dinner Roll
Garden Salad
California Cobb Salad
Chef Salad

Desserts
Diced Pears
Snickerdoodle Cookie

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Butter, Lemon Juice, Salad Dressing

Name _____ Room# _____
Diet Order _____

Dinner

Monday

Pot Roast with Beef Gravy
Baby Baked Potatoes
Carrot Coins

Alternative
Broccoli & Cheese Stuffed Chicken Breast
Baby Baked Potatoes
Carrot Coins

Chef Select Salads, Sandwiches and Breads
Garden Salad
California Cobb Salad
Chef Salad
Dinner Roll

Desserts
Mandarin Oranges
SF Raspberry Mousse

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Butter, Lemon Juice, Salad Dressing

Name _____ Room# _____
Diet Order _____

Breakfast

Tuesday

Scrambled Eggs
Diced Rosemary Potatoes
Turkey Sausage
Biscuit
Greek Yogurt

Alternative
French Toast Sticks
Turkey Sausage

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Coffee, Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea,
Hot Tea, Hot Chocolate

Condiments
Salt, Chef Seasoning, Pepper, Sugar,
Sugar Sub, Butter, Lemon Juice, Coffee Creamer,
Jelly, Diet Jelly

Name _____ Room# _____
Diet Order _____

Lunch

Tuesday

Beef Brisket
Baby Baked Potatoes
Yellow & Zucchini Squash

Alternative
Pulled Pork
Diced Rosemary Potatoes
Green Beans

Chef Select Salads, Sandwiches and Breads
Dinner Roll
Garden Salad
California Cobb Salad
Chef Salad

Desserts
Tropical Fruit Cup
SF Lemon Mousse

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Lemonade, Fruit Juice
Bottled Water, Unsweetened Iced Tea

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Butter, Lemon Juice, Salad Dressing
BBQ Sauce

Name _____ Room# _____
Diet Order _____

Dinner

Tuesday

Asian Marinated Chicken
Asian Blend Vegetables
Unseasoned White Rice

Alternative
Breaded Flounder
Broccoli

Chef Select Salads, Sandwiches and Breads
Garden Salad
California Cobb Salad
Chef Salad
Dinner Roll

Desserts
Pineapple Tidbits
Sugar Cookie

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Butter, Lemon Juice, Salad Dressing

Name _____ Room# _____
Diet Order _____

Breakfast

Wednesday

Biscuit
Breakfast Gravy
Scrambled Eggs
Greek Yogurt

Alternative
Fried Egg
Pork Sausage
Biscuit

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Coffee, Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea,
Hot Tea, Hot Chocolate

Condiments
Salt, Chef Seasoning, Pepper, Sugar,
Sugar Sub, Butter, Lemon Juice, Coffee Creamer,
Jelly, Diet Jelly

Name _____ Room# _____
Diet Order _____

Lunch

Wednesday

Chicken Cordon Bleu
Yukon Gold Mashed Potatoes
Green Beans

Alternative
Turkey Burger on Bun
Yukon Gold Mashed Potatoes
Green Beans

Chef Select Salads, Sandwiches and Breads
Dinner Roll
Garden Salad
California Cobb Salad
Chef Salad

Desserts
Mandarin Oranges
Chocolate Chip Cookie

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Butter, Lemon Juice, Salad Dressing

Name _____ Room# _____
Diet Order _____

Dinner

Wednesday

Country Style Steak
Diced Rosemary Potatoes
Broccoli

Alternative
Chicken Tenders
Diced Rosemary Potatoes
Broccoli

Chef Select Salads, Sandwiches and Breads
Garden Salad
California Cobb Salad
Chef Salad
Dinner Roll

Desserts
Grapes
Orange Sherbet

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Butter, Lemon Juice, Salad Dressing

Name _____ Room# _____
Diet Order _____

Breakfast

Thursday

Cheese Omelet
Chicken Sausage
Biscuit
Greek Yogurt
Banana

Alternative
Scrambled Eggs
Pork Sausage
Biscuit

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Coffee, Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea,
Hot Tea, Hot Chocolate

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Butter, Lemon Juice, Coffee Creamer,
Jelly, Diet Jelly

Name _____ Room# _____
Diet Order _____

Lunch

Thursday

Beef Brisket
Macaroni & Cheese
Green Beans

Alternative
Chipotle Chicken
Macaroni & Cheese
Green Beans

Chef Select Salads, Sandwiches and Breads
Dinner Roll
Garden Salad
California Cobb Salad
Chef Salad

Desserts
Diced Pears
SF Chocolate Mousse

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Butter, Lemon Juice, Salad Dressing

Name _____ Room# _____
Diet Order _____

Dinner

Thursday

Roasted Turkey, Tart Apple & Onion Gravy
Diced Rosemary Potatoes
Green Beans

Alternative
Spiral Baked Ham
Diced Rosemary Potatoes
Green Beans

Chef Select Salads, Sandwiches and Breads
Garden Salad
California Cobb Salad
Chef Salad
Dinner Roll

Desserts
Diced Peaches
SF Vanilla Ice Cream

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Butter, Lemon Juice, Salad Dressing

Name _____ Room# _____
Diet Order _____

Breakfast

Friday

Fried Egg
Breakfast Gravy
Sausage Patty
Biscuit
Greek Yogurt

Alternative
Scrambled Eggs
Diced Rosemary Potatoes
Sausage Patty
Biscuit

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Coffee, Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea,
Hot Tea, Hot Chocolate

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Butter, Lemon Juice, Coffee Creamer,
Jelly, Diet Jelly

Name _____ Room# _____
Diet Order _____

Lunch

Friday

Broccoli & Cheese Stuffed Chicken Breast
Baby Baked Potatoes
Carrot Coins

Alternative
Country Style Steak
Diced Rosemary Potatoes
Broccoli

Chef Select Salads, Sandwiches and Breads
Dinner Roll
Garden Salad
California Cobb Salad
Chef Salad

Desserts
Tropical Fruit Cup
SF Cheesecake Cup

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Butter, Lemon Juice, Salad Dressing

Name _____ Room# _____
Diet Order _____

Dinner

Friday

Hamburger on Bun
Broccoli

Alternative
Pulled Pork
Diced Rosemary Potatoes
Green Beans

Chef Select Salads, Sandwiches and Breads
Garden Salad
California Cobb Salad
Chef Salad
Dinner Roll

Desserts
Pineapple Tidbits
Chocolate Chip Cookie

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Butter, Lemon Juice, Salad Dressing,
Ketchup, Mustard, Mayonnaise, BBQ Sauce

Name _____ Room# _____
Diet Order _____

Breakfast

Saturday

French Toast Sticks
Turkey Sausage
Greek Yogurt
Banana

Alternative
Scrambled Eggs
Diced Rosemary Potatoes
Sausage Patty
Biscuit

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Coffee, Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea,
Hot Tea, Hot Chocolate

Condiments
Salt, Chef Seasoning, Sugar, Sugar Sub,
Butter, Lemon Juice, Coffee Creamer,
Syrup, Jelly, Diet Jelly

Name _____ Room# _____
Diet Order _____

Lunch

Saturday

Vegetable Beef Stew served over
Unseasoned White Rice
Broccoli

Alternative
Breaded Flounder
Broccoli

Chef Select Salads, Sandwiches and Breads
Dinner Roll
Garden Salad
California Cobb Salad
Chef Salad

Desserts
Applesauce
Oatmeal Raisin Cookie

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Butter, Lemon Juice, Salad Dressing

Name _____ Room# _____
Diet Order _____

Dinner

Saturday

Chicken Marsala
Yellow & Zucchini Squash
Diced Rosemary Potatoes

Alternative
Beef Brisket
Yellow & Zucchini Squash
Diced Rosemary Potatoes

Chef Select Salads, Sandwiches and Breads
Garden Salad
California Cobb Salad
Chef Salad
Dinner Roll

Desserts
Mandarin Oranges
SF Chocolate Ice Cream

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea

Condiments
Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Butter, Lemon Juice, Salad Dressing

Name _____ Room# _____
Diet Order _____

Breakfast

Sunday

Scrambled Eggs
Turkey Sausage
Shredded Cheddar Monterey Cheese
Biscuit
Greek Yogurt

Alternative
French Toast Sticks
Turkey Sausage

Beverages
Whole Milk, Chocolate Milk, 1% Milk,
Coffee, Lemonade, Fruit Juice,
Bottled Water, Unsweetened Iced Tea,
Hot Tea, Hot Chocolate

Condiments
Salt, Chef Seasoning, Pepper, Sugar,
Sugar Sub, Butter, Lemon Juice, Coffee Creamer,
Syrup, Jelly, Diet Jelly

Name _____ Room# _____
Diet Order _____