



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*

Meal Service Periods

Breakfast: 7:45 a.m.

Lunch: 11:45 a.m.

Dinner: 4:45 p.m.

About Our Hospital

Under the leadership of Frank Bays Wolfe, M.D., and Henry Lee, M.D., and with an outpouring of support from the community, Carilion Franklin Memorial Hospital (CFMH) opened in 1952. Since its beginning, CFMH has existed to meet the needs of our growing community. In 1988, CFMH began a full affiliation with Carilion Health System (now Carilion Clinic) offering the opportunity to share resources, equipment and expertise, enhancing the level of care CFMH provides locally.

From the moment you arrive at our hospital to the moment you leave our campus, your care and welfare are our greatest concern. Every day we live our mission—to improve the health of the communities we serve—and we believe our health care team will provide you with the most up-to-date treatment that is also friendly and caring. We are committed to caring for and serving our community and each other, and we thank you for the privilege to serve you.



REGULAR Patient Menu



Carilion Franklin Memorial Hospital

Name: _____

Room#: _____



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.

Patient Nutrition Services
3-6341

(dial from your room phone)

Breakfast

Sunday/Thursday

Turkey Bacon & Cheddar Frittata
Seasonal Fruit Cup,
Turkey Sausage & Biscuit
Or You May Prefer: Vanilla Oatmeal

Monday/Friday

Scrambled Eggs
Home Fried Potatoes,
Turkey Sausage & Biscuit
Or You May Prefer: Egg White Breakfast Scramble

Tuesday/Saturday

French Toast
Maple Syrup & Turkey Sausage
Or You May Prefer: Vanilla Cream of Wheat

Wednesday

Open Faced Southern Biscuit
Fried Egg, Turkey Sausage,
Local Apple Butter & Black Pepper Gravy
Or You May Prefer: Seasonal Fruit & Yogurt Plate

All Day Breakfast Items

Eggs: Scrambled, Hard Boiled or Fried (fully cooked)
Bacon • Sausage Patty • Turkey Sausage
Pancakes • Biscuits
French Toast • French Toast Sticks
Oatmeal (Breakfast only) • Grits (Breakfast only)
Cream of Wheat (Breakfast only)
Apple-Cinnamon Oatmeal • Cereal Bar
Strawberry Pop Tarts
Cereals: Rice Krispies • Corn Flakes • Frosted Flakes
Fruit Loops • Cheerios • Cinnamon Toast Crunch
Honey Nut Cheerios • Shredded Wheat
Frosted Shredded Wheat • Raisin Bran

Lunch

Sunday/Thursday

Cheese Ravioli
Italian Meat Sauce, Steamed Broccoli,
Garlic Bread
Or You May Prefer: Country Style Steak
Brown Gravy, Yukon Gold Mashed Potatoes,
Steamed Broccoli
Soup: Tomato Bisque
Dessert: Cherry Mousse

Monday/Friday

Grilled Burger On Bun
Corn on the Cob, Coleslaw
Or You May Prefer: Grilled Fillet of Salmon
Lemon Cream Sauce,
Corn on the Cob, Coleslaw
Soup: Hearty Chicken Noodle
Dessert: Lemon Custard

Tuesday/Saturday

Turkey Pot Pie over Biscuit
& Garden Salad
Or You May Prefer: Beef Brisket
Homestyle Mashed Potatoes
& Garden Salad
Soup: Italian Wedding
Dessert: Lemon-Lime Bundt Cake

Wednesday

Southwestern Grilled Chicken
Cilantro-Lime Aioli,
Black Beans & Rice, Pico de Gallo,
Zucchini & Yellow Squash Medley
Or You May Prefer: Baked Cod
Black Beans & Rice,
Zucchini & Yellow Squash Medley
Soup: Hearty Chicken Noodle
Dessert: Pineapple Upside Down Cake

Dinner

Sunday/Thursday

Oven Roasted Turkey Breast
Tart Apple-Vadalia Onion Gravy,
Homestyle Mashed Potatoes,
Capri Blend Veggies & Cranberry Compote
Or You May Prefer: Breaded Pollock
Remoulade Sauce, Homestyle Mashed Potatoes
& Capri Blend Veggies
Soup: Vegetable
Dessert: Peanut Butter Pie Cup

Monday/Friday

Broccoli & Cheese Stuffed Chicken Breast
Yukon Gold Mashed Potatoes,
Zucchini & Yellow Squash Medley,
Garden Salad
Or You May Prefer: Pulled Pork
Yukon Gold Mashed Potatoes,
Zucchini & Yellow Squash Medley, Garden Salad
Soup: Potato Cheese
Dessert: Hummingbird Cake

Tuesday/Saturday

Pot Roast
Mushroom-Beef Demi Glace
Baby Potatoes, Coin Cut Carrots
Or You May Prefer: Grilled Chicken Breast
Baby Potatoes & Coin Cut Carrots
Soup: Minestrone
Dessert: No Added Sugar Strawberry Shortcake

Wednesday

Glazed Meatloaf
Mushroom-Beef Demi Glace,
Yukon Gold Mashed Potatoes & Green Beans
Or You May Prefer: Baked Ham
Yukon Gold Mashed Potatoes & Green Beans
Soup: Potato Cheese
Dessert: No Added Sugar Red Velvet Cake

Every Day Available Items

Meat/Fish

Hamburger/Cheeseburger/Veggie Burger • Hot Dog
Grilled Chicken Breast • Chicken Nugget/Tenders
Salmon • Baked Cod • Tuna/Chicken Salad Cup

Vegetables

Green Beans • Carrots • Broccoli • Garden Salad
California Vegetables • Baked Sweet Potato
Mashed Potatoes • Baked Potato • Rice

Pizza/Pasta

Cheese • Pepperoni • Fettuccine • Macaroni & Cheese
Cheese Ravioli

Sauces

Marinara, Butter

Soups

Chicken Noodle* • Vegetable* • Tomato*
Cream of Chicken • Cream of Mushroom
Spaghetti with Meatballs • Beef Stew
*Low sodium variety available

Sandwiches

Roast Beef & Swiss Wrap • Peanut Butter & Jelly
Turkey • Ham • Roast Beef • Deli Sliced Chicken
Grilled Cheese • Chicken Salad
Tuna Salad • American Cheese
Lettuce • Tomato • Onion
White Bread • Wheat Bread • Gluten Free Bread

Salads

California Cobb Salad • Chef Salad
Garden Salad • Cottage Cheese & Fruit Plate

Snacks

Rice Krispy Treats
Goldfish Crackers • Graham Crackers • Teddy Grahams
Peanut Butter Cheese Crackers
Hummus, Celery & Carrot Cup
Grape & Cheese Cup (Seasonal)
Tropical Trail Mix
Oreo Cookies • Peanut Butter Packets
Apple Slices • Banana • Orange

Dessert

Ice Cream (Sugar Free available) • Sherbet
Italian Ice • Hummingbird Cake
No Added Sugar Red Velvet Cake
No Added Sugar Strawberry Shortcake

Ask Your Server For Beverage Options