



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:** 8 - 9 a.m.

Late Tray Hot Meal: 9 - 10 a.m.

\*Express Meal: 10 - 11:30 a.m.

**Lunch:** noon - 1 p.m.

Late Tray Hot Meal: 1 - 1:30 p.m.

\*Express Meal: 1:30 - 3 p.m.

**Dinner:** 4:30 - 5:30 p.m.

Late Hot Meal: 5:30 - 6:30 p.m.

\*Please note limited snacks are also available from nursing after hours.

### About Our Hospital

Under the peak of Angel's Rest and surrounded by the beautiful mountains of Pearisburg, Va., lies Carilion Giles Community Hospital (CGCH).

For more than 50 years, CGCH, formerly Giles Memorial Hospital, has served the residents, neighbors and visitors of Giles County.

The hospital's expert medical staff offers advanced diagnostics and quality health care through services.

In 2002, the CGCH staff applied for and was granted a government designation of Critical Access in a rural setting. This status allows rural hospitals to maintain high-quality services in a very competitive health care marketplace. Today, CGCH is one of the leading hospitals of this kind in the nation. As one of Carilion Clinic's not-for-profit hospitals, all dollars go back into patient care programs. At CGCH, the truly outstanding element that sets this hospital apart is the motivated, caring and giving staff. Their commitment to delivering friendly, quality care close to home never wavers.

Together, this multidisciplinary team is finding better ways to serve its community. While we pride ourselves in serving as your hometown hospital, we have implemented high-tech systems, such as an automated medication delivery system, to help us deliver the best of care.

## REGULAR Patient Menu



## Carilion Giles Community 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  
5-4169

(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**