



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 - 4 p.m.

Dinner: 4:45 - 5:30 p.m.
Late Tray Hot Meal: 5:30 - 6 p.m.

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

About Our Hospital

Carilion New River Valley Medical Center (CNRV) is an award-winning 110-bed acute care facility offering modern medical ORs, state of the art technology (advanced imaging and robotic surgery) and multiple surgical and medical specialties. We treat more than 30,000 cases per year in our Level III Trauma Center. Our OB/GYN and midwifery program delivers nearly 1,200 babies per year at The Birthplace. Outpatient procedures include annual screenings and complex diagnostics as well as support for rehabilitation and therapy programs. Carilion Clinic Saint Albans Hospital is located on our campus.



REGULAR Patient Menu



Carilion New River Valley Medical Center

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
3-2580

(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**