

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 Roanoke
Community Hospital



CARILIONCLINIC

Lunch

Sunday

Cheese Ravioli with Italian Meat Sauce
Steamed Broccoli
Garlic Bread
Parmesan Cheese

Alternative

Chicken Tenders
Capri Blend
Macaroni & Cheese
Ranch Dressing, Ketchup

Chef Select Salads, Sandwiches and Breads

California Cobb Salad
Garden Salad, Dinner Roll

Desserts

Cherry Mousse
Diced Peaches

Beverages

Whole Milk, Chocolate Milk, 1% Milk
Lemonade, Fruitables
Sweet Tea, Iced Tea

Condiments

Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Margarine, Lemon Juice,
Salad Dressing, Diet Salad Dressing

Name _____ Room# _____
Diet Order _____

Dinner

Sunday

Roasted Turkey with Poultry Gravy
Red Skinned Mashed Potatoes
Capri Blend

Alternative

Cheeseburger on Bun
Potato Wedges, Broccoli
Lettuce, Tomato, Onion, Mayonnaise, Mustard

Chef Select Salads, Sandwiches and Breads

California Cobb Salad
Garden Salad
Dinner Roll

Desserts

Peanut Butter Pie Cup
Sugar-Free Vanilla Pudding
Applesauce

Beverages

Whole Milk, Chocolate Milk, 1% Milk
Lemonade, Fruitables
Sweet Tea, Iced Tea

Condiments

Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Margarine, Lemon Juice,
Salad Dressing, Diet Salad Dressing

Name _____ Room# _____
Diet Order _____

Breakfast

Monday

Scrambled Eggs, Home Fries
Turkey Sausage and Biscuit
Cheerios, Orange Juice

Alternative

Stewed Apples
Cheerios, Orange Juice

Beverages

Apple Juice, Grape Juice
Orange Juice, Cranberry Juice
1 % Milk, Whole Milk, Chocolate Milk,
Coffee, Hot Tea, Hot Chocolate
Sweet Tea, Ice Tea

Condiments

Salt, Chef Seasoning, Pepper,
Sugar, Sugar Sub,
Margarine,
Jelly, Diet Jelly,
Creamer

Name _____ Room# _____
Diet Order _____

Lunch

Monday

Grilled Burger on Bun
Tater Tots, Green Beans
Lettuce, Tomato, Onion
Ketchup, Mayonnaise, Mustard

Alternative

Roast Beef and Swiss Wrap

Chef Select Salads, Sandwiches and Breads

Garden Salad
Coleslaw
Dinner Roll

Desserts

Lemon Custard
Pineapple Tidbits

Beverages

Whole Milk, Chocolate Milk, 1% Milk
Lemonade, Fruitables
Sweet Tea, Iced Tea

Condiments

Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Margarine, Lemon Juice,
Salad Dressing, Diet Salad Dressing

Dinner

Monday

Breaded Flounder
Potato Wedges, California Blend
Tarter Sauce

Alternative

Pulled Pork with BBQ Sauce
Red Skinned Mashed Potatoes, Green Beans
BBQ Sauce

Chef Select Salads, Sandwiches and Breads

Chef Salad, Coleslaw
Dinner Roll
Cornbread Muffin

Desserts

Hummingbird Cake
Sugar-Free Chocolate Pudding
Grape and Cheese Cup

Beverages

Whole Milk, Chocolate Milk, 1% Milk
Lemonade, Fruitables
Sweet Tea, Iced Tea

Condiments

Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Margarine, Lemon Juice,
Salad Dressing, Diet Salad Dressing

Breakfast

Tuesday

French Toast, Maple Syrup and Turkey Sausage
Rice Krispies
Grape Juice

Alternative

French Toast Sticks, Maple Syrup and Turkey Sausage
Rice Krispies, Grape Juice

Beverages

Apple Juice, Grape Juice
Orange Juice, Cranberry Juice
1 % Milk, Whole Milk, Chocolate Milk,
Coffee, Hot Tea, Hot Chocolate
Sweet Tea, Ice Tea

Condiments

Salt, Chef Seasoning, Pepper,
Sugar, Sugar Sub,
Margarine,
Jelly, Diet Jelly,
Creamer

Name _____ Room# _____

Diet Order _____

Name _____ Room# _____

Diet Order _____

Name _____ Room# _____

Diet Order _____

Lunch

Tuesday

Fettuccine with Italian Meat Sauce
Capri Blend, Garlic Bread
Parmesan Cheese

Alternative

Grilled Chicken Sandwich
Tater Tots, Broccoli
Lettuce, Tomato, Mayonnaise, Mustard, Ketchup

Chef Select Salads, Sandwiches and Breads

California Cobb Salad
Garden Salad
Dinner Roll

Desserts

Lemon Lime Bundt Cake
Sugar Free Vanilla Pudding
Diced Pears

Beverages

Whole Milk, Chocolate Milk, 1% Milk
Lemonade, Fruitables
Sweet Tea, Iced Tea

Condiments

Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Margarine, Lemon Juice,
Salad Dressing, Diet Salad Dressing

Dinner

Tuesday

Chicken Tenders
Macaroni and Cheese
Capri Blend

Alternative

Pot Roast with Beef Gravy
Baby Potatoes, Coin Cut Carrots

Chef Select Salads, Sandwiches and Breads

Cottage Cheese Fruit Plate
Dinner Roll

Desserts

No Added Sugar Strawberry Shortcake
Fresh Apple
Ice Cream

Beverages

Whole Milk, Chocolate Milk, 1% Milk
Lemonade, Fruitables
Sweet Tea, Iced Tea

Condiments

Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Margarine, Lemon Juice,
Salad Dressing, Diet Salad Dressing

Breakfast

Wednesday

Open Faced Southern Egg & Turkey Sausage Biscuit
Raisin Bran, Orange Juice

Alternative

Seasonal Fruit and Yogurt Plate
Raisin Bran, Orange Juice

Beverages

Apple Juice, Grape Juice
Orange Juice, Cranberry Juice
1 % Milk, Whole Milk, Chocolate Milk,
Coffee, Hot Tea, Hot Chocolate
Sweet Tea, Ice Tea

Condiments

Salt, Chef Seasoning, Pepper,
Sugar, Sugar Sub,
Margarine,
Jelly, Diet Jelly,
Creamer

Name _____ Room# _____
Diet Order _____

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Diet Order _____

Name _____ Room# _____
Diet Order _____

Lunch

Wednesday

Southwestern Grilled Chicken
Black Beans & Rice
Pico de Gallo
Squash Medley

Alternative
Chef Salad

Chef Select Salads, Sandwiches and Breads

Garden Salad
Dinner Roll
Tortilla

Desserts

Pineapple Upside Down Cake
Pineapple Tidbits
Fresh Grapes

Beverages

Whole Milk, Chocolate Milk, 1% Milk
Lemonade, Fruitables
Sweet Tea, Iced Tea

Condiments

Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Margarine, Lemon Juice,
Salad Dressing, Diet Salad Dressing

Dinner

Wednesday

Glazed Meatloaf with Beef Gravy
Green Beans
Red Skinned Mashed Potatoes

Alternative
Chef Salad

Chef Select Salads, Sandwiches and Breads

Garden Salad
Dinner Roll

Desserts

Brownie with Vanilla Ice Cream
Fruit and Yogurt
Banana

Beverages

Whole Milk, Chocolate Milk, 1% Milk
Lemonade, Fruitables
Sweet Tea, Iced Tea

Condiments

Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Margarine, Lemon Juice,
Salad Dressing, Diet Salad Dressing

Breakfast

Thursday

Turkey Bacon & Cheddar Frittata
Bacon and Biscuit
Seasonal Fruit Cup
Corn Flakes, Apple Juice

Alternative

French Toast, Maple Syrup and Turkey Sausage
Fruit Loops
Apple Juice

Beverages

Apple Juice, Grape Juice
Orange Juice, Cranberry Juice
1 % Milk, Whole Milk, Chocolate Milk,
Coffee, Hot Tea, Hot Chocolate
Sweet Tea, Ice Tea

Condiments

Salt, Chef Seasoning, Pepper,
Sugar, Sugar Sub,
Margarine,
Jelly, Diet Jelly,
Creamer

Name _____ Room# _____
Diet Order _____

Name _____ Room# _____
Diet Order _____

Name _____ Room# _____
Diet Order _____

Lunch

Thursday

Roasted Turkey with Poultry Gravy
Red Skinned Mashed Potatoes
Capri Blend

Alternative

Chicken Nuggets, Tater Tots
California Blend
Ranch Dressing, Ketchup

Chef Select Salads, Sandwiches and Breads

California Cobb Salad
Garden Salad
Dinner Roll

Desserts

Cherry Mousse
Diced Peaches

Beverages

Whole Milk, Chocolate Milk, 1% Milk
Lemonade, Fruitables
Sweet Tea, Iced Tea

Condiments

Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Margarine, Lemon Juice,
Salad Dressing, Diet Salad Dressing

Dinner

Thursday

Country Style Steak with Beef Gravy
Red Skinned Mashed Potatoes
Broccoli

Alternative

Grilled Chicken Sandwich
Tater Tots, Broccoli
Lettuce, Tomato, Mayonnaise, Mustard

Chef Select Salads, Sandwiches and Breads

California Cobb Salad
Garden Salad
Dinner Roll

Desserts

Peanut Butter Pie
Sugar-Free Vanilla Pudding
Applesauce

Beverages

Whole Milk, Chocolate Milk, 1% Milk
Lemonade, Fruitables
Sweet Tea, Iced Tea

Condiments

Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Margarine, Lemon Juice,
Salad Dressing, Diet Salad Dressing

Breakfast

Friday

Scrambled Eggs, Home Fries
Turkey Sausage and Biscuit
Cheerios, Orange Juice

Alternative

Stewed Apples
Cheerios, Orange Juice

Beverages

Apple Juice, Grape Juice
Orange Juice, Cranberry Juice
1 % Milk, Whole Milk, Chocolate Milk,
Coffee, Hot Tea, Hot Chocolate
Sweet Tea, Ice Tea

Condiments

Salt, Chef Seasoning, Pepper,
Sugar, Sugar Sub,
Margarine,
Jelly, Diet Jelly,
Creamer

Name _____ Room# _____
Diet Order _____

Name _____ Room# _____
Diet Order _____

Name _____ Room# _____
Diet Order _____

Lunch

Friday

Broccoli & Cheese Stuffed Chicken Breast
Red Skinned Mashed Potatoes
Squash Medley

Alternative

Roast Beef & Swiss Wrap

Chef Select Salads, Sandwiches and Breads

Garden Salad
Dinner Roll

Desserts

Lemon Custard
Pineapple Tidbits

Beverages

Whole Milk, Chocolate Milk, 1% Milk
Lemonade, Fruitables
Sweet Tea, Iced Tea

Condiments

Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Margarine, Lemon Juice,
Salad Dressing, Diet Salad Dressing

Name _____ Room# _____
Diet Order _____

Dinner

Friday

Chicken Tenders, Capri Blend
Macaroni & Cheese
Ranch Dressing, Ketchup

Alternative

Breaded Founder
Potato Wedges, California Blend
Tarter Sauce

Chef Select Salads, Sandwiches and Breads

Chef Salad
Garden Salad, Coleslaw
Dinner Roll, Cornbread Muffin

Desserts

Hummingbird Cake
Sugar-Free Chocolate Pudding
Grape and Cheese Cup

Beverages

Whole Milk, Chocolate Milk, 1% Milk
Lemonade, Fruitables
Sweet Tea, Iced Tea

Condiments

Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Margarine, Lemon Juice,
Salad Dressing, Diet Salad Dressing

Name _____ Room# _____
Diet Order _____

Breakfast

Saturday

French Toast, Maple Syrup and Turkey Sausage
Rice Krispies
Grape Juice

Alternative

French Toast Sticks, Maple Syrup and Turkey Sausage
Rice Krispies
Grape Juice

Beverages

Apple Juice, Grape Juice
Orange Juice, Cranberry Juice
1 % Milk, Whole Milk, Chocolate Milk,
Coffee, Hot Tea, Hot Chocolate
Sweet Tea, Ice Tea

Condiments

Salt, Chef Seasoning, Pepper,
Sugar, Sugar Sub,
Margarine,
Jelly, Diet Jelly,
Creamer

Name _____ Room# _____
Diet Order _____

Lunch

Saturday

Pot Roast with Beef Gravy
Baby Potatoes
Coin Cut Carrots

Alternative

Chicken Filet Sandwich
Tater Tots, Broccoli
Lettuce, Tomato, Mayonnaise, Mustard, Ketchup

Chef Select Salads, Sandwiches and Breads

California Cobb Salad
Garden Salad
Dinner Roll

Desserts

Lemon Lime Bundt Cake
Sugar Free Lemon Pudding
Diced Pears

Beverages

Whole Milk, Chocolate Milk,
Lemonade, Fruitables
Sweet Tea, Iced Tea

Condiments

Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Margarine, Lemon Juice,
Salad Dressing, Diet Salad Dressing

Name _____ Room# _____
Diet Order _____

Dinner

Saturday

Chicken Parmesan
Fettuccine, Broccoli
Garlic Bread

Alternative

Grilled Hot Dog on a Bun
Tater Tots, Green Beans

Chef Select Salads, Sandwiches and Breads

Cottage Cheese Fruit Plate
Garden Salad
Dinner Roll

Desserts

Sugar-Free Strawberry Shortcake
Fresh Apples
Ice Cream

Beverages

Whole Milk, Chocolate Milk,
Lemonade, Fruitables
Sweet Tea, Iced Tea

Condiments

Salt, Chef Seasoning, Pepper, Sugar, Sugar Sub,
Margarine, Lemon Juice,
Salad Dressing, Diet Salad Dressing

Name _____ Room# _____
Diet Order _____

Breakfast

Sunday

Turkey Bacon & Cheddar Frittata
Bacon and Biscuit
4 oz. Seasonal Fruit Cup
Corn Flakes, Apple Juice

Alternative

French Toast and Turkey Sausage
Fruit Loops
Apple Juice
Syrup

Beverages

Apple Juice, Grape Juice
Orange Juice, Cranberry Juice
1 % Milk, Whole Milk, Chocolate Milk,
Coffee, Hot Tea, Hot Chocolate
Sweet Tea, Ice Tea

Condiments

Salt, Chef Seasoning, Pepper,
Sugar, Sugar Sub,
Margarine,
Jelly, Diet Jelly,
Creamer

Name _____ Room# _____
Diet Order _____