

ENGLISH**SOMALI****ROOM SERVICE****ADEEGGA QOLKA**

Menu

Meenu (cunto sooraha)

Fletcher Allen**Fletcher Allen****HEALTH CARE****DARYEEL CAAFIMAAD**

In alliance with The University of Vermont

Oo ay Isbahaysanyaan Jaamacadda Vermont

Room Service**ADEEGGA qolka**

The Nutrition Services Department is proud to provide you with a high quality dining experience. The menu offers a variety of healthy, fresh and local foods, some even from our own gardens.

Waaxda Adeegyada Nafaqada ayay sharaf u tahay inay adiga ku siiyaan waayo ka soo arag cunto cunitaan tayo sare leh. Meenuga (cunto-sooraha) ayaa bixiya cuntooyin caafimaad leh oo kala duwan, darayna ah oo laga helo degaanka, xitaa qaar kasoo go'a beeraha.

TO PLACE YOUR ORDER**SI AAD DALBASHADAADA U SAMEYSO**

Call Room Service with your request between 6:00 am–7:15 pm.

Ugu Waco waxaad dalbanesyo Adeegga Qolka inta u dhexeysa 6:00 subaxdii–7:15 fiidkii.

From inside Fletcher Allen dial 7-DINE (7-3463).

Markaad ku dhex jirto Fletcher Allen garaac 7-DINE (7-3463).

From outside Fletcher Allen dial (802) 847-3463 to order for a patient.

Markaad dibadda ka tahay Fletcher Allen garaac (802) 847-3463 si aad ugu dalbato qof buka.

Please tell us if you have any food allergies.

Fadlan annaga noo sheeg haddii waxa xasaasiyad (alerji ah) aad leedahay.

Give the operator your selection from the menu.

Siixulashadaada meenuga qofka hawlwadaha ah.

HOW TO ORDER

- Please limit your order to one entrée per call. If your diet allows, we will be happy to bring you another meal if you are still hungry.
- If your physician has prescribed a modified diet, some items may not be allowed. We will be happy to help you with your choices.
- Your meal will be delivered within 45 minutes of your call or at the requested time.

FOR DIABETES MANAGEMENT

- Please tell your nurse when you have ordered your meal. This will allow for appropriate blood testing and medication dosage.

FOR VISITORS WE HAVE THREE CAFETERIAS:

Main Street Café

located on Baird 3, 6:30 am–2:00 pm, Monday–Friday

Café Express

located in the ACC, 2nd floor, 6:30 am–5:00 pm, Monday–Friday

SIDA LOO DALBADO

- Fadlan ku xadee dalabkaaga hal entrée (cuntada-ugu-weyn ah) u wicitaan kasta. Haddii cuntada laguugu talagalay saamaxayso, waxaa ku farxaynaa inaan kuu keeno cunto kale haddii aad wali sii gaajooneyso.
- Haddii u dhakhtay kuu qoray cuto beddelan, sheyda qaarkood ayaa lagaa yaabaa inaan la oggolaan. Annga waxa farxad noo ah inaan kaa caawino waxyaabaha aad dooratay.
- Cuntadaada ayaa laguugu keeni doonaa gudahooda 45 daqiiqo laga bilaabo wicitaankaaga ama wakhtiga codsiga.

LOOGU TALAGALAY MAAREYNTA SONKOROWGA

- Fadlan u sheeg kalkaaliyaahaga caafimaad markaad dalbatay cuntadaada. Taas ayaa fursad u siin doonta baarista (tijaabada) habboon ee dhiigga iyo qiyaasta daawada.

WAXA JIRA SADDEX KAAFITEERIYA OO LOOGU TALAGALAY BOOQDAHA:

Main Street Café

oo ku yaal Baird 3, 6:30 subaxdii–2:00 gallinka dambe, Isniin–Jimce

Café Express

oo ku yaal ACC, dabaqadda 2aad, 6:30 subaxdii–5:00 galabtii, Isniin–Jimce

Harvest Café

located in the McClure Lobby, 5:00 am–3:00 am, seven days a week

For more information about our services, visit our website, at: http://www.fletcherallen.org/services/administrative/nutrition_services/

Breakfast**FRUITS**

Seasonal Fruit

Apple

Banana

Grapes

Mixed Fruit Cup

Orange

Applesauce

Canned Peaches

Canned Pears

Mandarin Oranges

YOGURTS**Greek Style**

Plain, Vanilla or Peach

Light Yogurt

Blueberry or Raspberry

Organic

Strawberry or Blueberry

Harvest Café

oo ku yaal gudaha McClure Lobby, 5:00 subaxdii–3:00 saqada dhexe (am), toddobada maalmood ee usbuuca.

Si aad u hesho macluumaadka ku saabsan Adeeggeena booqo websaydhkeena, oo ah: http://www.fletcherallen.org/services/administrative/nutrition_services/

Quraacda**FURUUTKA**

Furuut Xiliyeed

Tufaax

Moos/Muus

Canab

Koob Furuut Isku-Jira ah

Qaybo Liin Macaan/Oreenjo ah

Soos-Tufaax

Khookh Qasacadaysan

Beeriska Qasacadaysan

Liinta Mandariinta

CIIR

Qaabka Giriiga

Saafi/Caadiga ah Fanilla Ama Duraaqa

Ciir Qafiif ah

Miro buluug oo cinab ama oo mareeg u eg

Wax Is-haysta

Miro buluug oo cinab ama oo mareeg u eg

BREAKFAST BAKERY

Whole Wheat Toast
White Toast
Whole Wheat English Muffin
Banana Bread
Selected Muffin of the Day
Plain Bagel
Cinnamon Raisin Bagel

With choice of : Cream Cheese (light, fat-free or vegetable), Peanut Butter or Butter

CEREALS

Oatmeal
Cream of Wheat
Cheerios
Low Fat Granola
Honey Nut Cheerios

Total Raisin Bran
Frosted Mini Wheat
Corn Flakes
Rice Chex

Breakfast entrees

Served from 7:00 am–10:15 am. Orders must be placed by 10:00 am.

Scrambled Eggs

Cholesterol Free Scrambled Eggs
Pancakes with Vermont Maple Syrup

QURAAKDA LA DUBAY (ROOTIGA IWM.)

Toost Qamadi Buuxa ah
Toost Caddaan ah
English Muffin Qamadi Buuxa ah
Rootida Mooska leh
Muffinka Maalintaas La Doortay
Bagel Caadi ah
Bagel Sabiib iyo Qarfe leh

Lana socdaan xulasho: Labeen Farmaajo(fudud, dufan-la'aan ma khudaar ah) Laws shiidan ama Subag-buuro

SIIRIYAL (MIRAHA LAGU QURAAKDO)

Soor-sareen (Oatmeal)
Labeen Qamadi (cream of wheat)
Cheerios
Granola Dufanku Ku Yaryahay
Cheerios Malab iyo Miro leh (Honey Nut Cheerios)
Total Raisin Bran
Frosted Mini Wheat
Corn Flakes
Rice Chex

Quraacda qaybta ugu weyn

Waxa la bixiyaa laga bilaabo 7:00 subaxdii–10:15 subaxdii. Dalbashada cuntada waa in dhiibtaa illaa 10:00 subaxdii.

Ukun Isku Qas Lagu Kariyay Kalastrool La'aan ah

Doolsho qafiif oo ay la socoto Maple Syrup-ka Vermont

<p>Pumpkin French Toast with Vermont Maple Syrup</p>	<p>Rooti garmash French Bocor leh oo ay la socoto Maple Syrup-ka Vermont</p>
<p>Egg & Cheddar Sandwich on Whole Wheat English Muffin</p>	<p>Ukun & Rooti ismaris Cheddar oo dusha ka saaran Doolsho Ingiriisi oo gumbursan kana sameynsan Qamadi idilkii</p>
<p>Omelettes made with your choice of: <i>Low Fat Cheddar, Mushrooms, Green Peppers, Onions, Tomatoes or Spinach</i></p>	<p>Omelette-yo oo laga sameeyay kuwa aad ka xulato ee ah: <i>Farmaajada Cheddar Dufan Yare ah, Barkin-Waraabe, basbaas cagaaran, Basasha, Tamaandho ama Isbinish</i></p>
<p><u>Beverages</u></p>	<p><u>Cabbitaannada</u></p>
<p>JUICES</p>	<p>CASIIRKA (JUUS)</p>
<p>Orange</p>	<p>Oranjo/Liin Macaanta</p>
<p>Apple</p>	<p>Tufaax</p>
<p>Cranberry</p>	<p>Kiraanbery</p>
<p>Prune</p>	<p>Buruun</p>
<p>Pineapple</p>	<p>Cananaas</p>
<p>UNSWEETENED ICED TEA</p>	<p>SHAAH AAN MACAAN AHEYN OO LA BARAFEEYAY</p>
<p>Regular</p>	<p>Caadi</p>
<p>Chamomile</p>	<p>Shabaad (Kaamomil)</p>
<p>MILK</p>	<p>CAANAHA</p>
<p>Whole</p>	<p>Buuxa</p>
<p>Chocolate</p>	<p>Shoklaatka ah</p>
<p>Lactaid</p>	<p>Lactaid</p>
<p>Plain Soy</p>	<p>Soy Saafi ah</p>
<p>Vanilla Soy</p>	<p>Soy Fanilla leh</p>
<p>HOT CHOCOLATE</p>	<p>SHOKLAATO KULUL</p>
<p>Regular</p>	<p>Caadi ah</p>
<p>No sugar Added</p>	<p>Aan sonkor lagu darin</p>

COFFEE

Regular
Decaffeinated

TEAS

Regular
Decaffeinated
Chamomile
Lemon Peel
Apple Cinnamon
Ginger
Green

LUNCH & DINNER

Orders may be placed up to 7:15pm.

SOUPS

Cream of Tomato
Chicken Noodle
Vegetarian Lentil

SIDE SALADS

Garden Salad
Spinach Salad
Small Caesar Salad

DRESSINGS

Oil & Vinegar
Ranch, or Fat-free Ranch
Light Italian
Creamy French
Balsamic Vinaigrette

KAFEE

Caadiga ah
Kafiinta Laga-yareeyay

SHAAHA

Caadiga ah
Kafiinta Laga-yareeyay
Shabaad (Kaamomil)
Jeex Liin (Leymuun leh)
Qarfo Tufaax
Sinjibiil
Cagaar

QADADA & CASHADA

Waxa la dalban cuntada illaa 7:15fiidkii.

MARAQ (SHURBAD)

Tamaandho Kiriim ah
Digaag Nudhul leh
Misir (lentil) bilaa hilib ah

SALAD-KA DHINAC SOCODKA AH

Garden Salad
Salad Isbinij
Salad Caesar Yar

SALAD MARIS (DRESSING)

Saliid & Khal
Ranch, ama Ranch Bilaa-dufan ah
Italian Khafiif ah
Creamy French
Balsamic Vinaigrette

SMALL PLATES

Bruschetta

Mixture of Fresh Tomatoes, Basil, Garlic & Olive Oil, *served with Crostini*

Crudite

Broccoli, Carrots, & Cherry Tomatoes, *served with your choice of Dressing*

Cheddar Cheese Plate

Variety of Local Cheddar Cheese, *served with crackers*

Hummus Plate

Red Pepper Hummus, *served with Crostini*

Quesadilla

Beans & Cheddar, *Vegetarian style or with Chicken*

Chef's Favorite Recommendations

Penne Pasta with White Beans & Roasted Fennel. Vegetarian style or with Chicken

Shrimp Sauté with Tomatoes, Penne Pasta & Basil

Roast Turkey & Pan Gravy

New England Pot Roast

SUXUUN YAR YAR

Bruschetta

Isku jir Tamaandho, rexanka (basil), Toonta, Saliid Saytuunka Daray ah oo lagu bixiyo Crostini

Crudite

Garuunje (Birakli), Kaarootada, Tamaandhada Yaryar oo lagu bixiyo dooqa mariska

Saxan Buuro Cheddar ah

Buuro Cheddar kala duwan, *oo agagaaraha laga helo laguna bixiyo Buskut qallalan*

Saxan Dhooblow

Basbees Guduud Dhooblow, *oo lagu bixiyo Crostini*

Quesadilla

Digir & Cheddar, *Qaabka bilaa hilib ah ama digaag la jirta*

Sheefka Cuntada u Ku Talinayo ee Loogu Jecel Yahay

Baasta Penne oo leh digir cado & geedka carfiyaha Fennel lagu dubay qaab bilaa hilib aha ama digaag la jirta

Shirimbi la rogrogay oo Tamaandho leh, Baasta Penne iyo Reexaan

Digiiran la Solay & Fuudka Birtaawada

Dheri Kariska New England

Curried Vegetables with Lentils & Seitan

Quesadilla with Beans & Cheddar – Full Plate. *Vegetarian Style or with Chicken*

Vegetable Stir Fry with Tofu or Chicken over Rice

Herb Crusted Fish (*seasonal – ask for details*)

Salmon Fillet – Oven Poached or Grilled with Pesto

Pork Medallions Sautéed with Cider & Mustard

Other chef's specialties

Ask your operator for details

PASTA BAR

Penne, Spaghetti Noodle or Cheese Tortellini

MADE WITH YOUR CHOICE

OF: Marinara, Pesto, Alfredo, or Meat Sauce

**Kosher dinners available upon request.*

Khudaar la dalacay oo leh misirey iyo hilib bur

Quesadilla oo leh Digir iyo Cheddar oo Saxan Buuxa ah, *oo qaabka bilaa hilibka ama digaag la jirta*

Khudaar la isku qasay oo lagu shiilay Saliid garoor laga miiray ama Bariis kor Digaag laga saaray

Kalluun geedo leh (xilliyeed, wareyso faahfaahinteeda)

Salmon La Jeexay –Foornada lagu dhex kariyay ama la Solay oo leh cagaar shiidan

Hilib Doofaar loo gooyey sidii cad billad ahaan oo lagu gidgidiyey biyo tufaax iyo Mustard

Cuntooyinka kale ee u gaarka ah sheefka

Faahfaahinteeda weydiiso hawlwadahaaga

QAYBTA BAASTADA

Penne, Spaghetti Noodle ama Cheese Tortellini

LAGUNA SAMEEYAY KA AAD

XULATO EE AH

Marinara, Pesto, Alfredo, ama Suugo Hilib leh

**Cashooyinka Kosher-ka ayaa la heli karaa marka la weydiisto.*

FROM THE CHAR BROILER**SERVED ON CRACKED
WHEAT ROLL WITH LETTUCE
AND TOMATO**

Turkey Burger
Black Bean Vegetarian Burger
Grilled Chicken Breast

ON THE SIDE

Fresh Mashed Potatoes
Roasted Sweet Potato

Lentil Pilaf
Steamed White Rice

**DON'T FORGET YOUR
VEGETABLES**

Vegetable of the Day
Carrots
Whole Green Beans

**ENTREE SALAD
SPINACH & TURKEY SALAD**

Spinach, Turkey, Mandarin oranges,
Red Onions, Almonds & Beeds
tossed with Raspberry Vinagrette

CAESAR SALAD

Your choice of Traditional o with
chicken

**COTTAGE CHEESE & FRUIT
PLATTER**

Served with Banana Bread

CUNTADA GIRGIRAHA KARINTA**LAGUNA BIXIYO ROOTI QAMADI
LA DILAACIYAY OO LEH SALAD
IYO TAMAANDHO**

Bargar Digiiran ah
Bargar Khudaar Digir Madow leh
Jeex Digaag Solan ah

DHINAC SOCOD AH

Bataato Daray ah oo La Bururiyey
Bataato La Dubay

Bariis Misirey
Bariis Cad oo la Uumiyay

HA ILOOBIN KHUDAARTAADA

Khudaarta Maalintaas
Kaarootada (Daba Casaha)
Digirta Cagaaran ee Buuxda

**CUNTADA SALADKA
KOOSTADA & DIGIIRANTA
SALADKA LEH**

Koostada, Digiiranta, Liimo Mandariini,
Basal Cas, Almonds & Beeds oo lagu dhex
rogrogay khal Raspberry ah

SIISAR SALAD

Xulashadaada ah midka Caadiga ah,
Digaagga ama Sharookh (Shrimp) leh

**FARMAAJO COTTAGE IYO
SAXANKA FURUUTKA ISKU JIRA
Laguna Bixiyo Rooti Moos**

Create Your Own Sandwich

WHOLE OR HALF

Cheddar

Chicken Salad

Egg salad

Hummus

Low fat Swiss Cheese

Peanut Butter and Jelly

Turkey Breast

Seafood Salad (seasonal, ask for details)

VEGETABLES

Lettuce

Tomatoes

Red Onions

Kosher Dill Pickle

BREADS

Whole Wheat

White

Cracked Wheat Bulky Roll

BREAD/CRACKERS

Whole Wheat Dinner Roll

Crackers

Oyster Crackers

Sameyso Rooti Ismaris Adiga Kuu Gaar ah

BUUXA AMA NUSKA AH

Cheddar (Farmaajo)

Salad Digaag

Salad Ukun

Hummus

Farmaajo Iswiss Dufan ku yar yahay

Subagga Lawska iyo Macmacaan Sida

Marmalaadada ah

Jeex Digiiran ah

Salad Cunto-Badeed (oo ah xilliyeed, wareyso faahfaahinteeda)

KHUDAARTA

Salad (ka malaasan)

Yaanyo (Tamaandhada)

Basasha Cas

Dill Pickle-ka Kosherka ah

ROOTIDA

Qamadiga Buuxa

Cad

Rooti Culus oo Qamadi La Dilaaciyay ka sameysan

ROOTIDA/BUSKUTKA QALALAN

Rootida Malaasan oo Qamadi Buuxa ah

Buskud qalalan oo milix leh

Kiraakarers aan milix lahayn

Kiraakers Alaalaxeyda leh (Oysters)

SOMETHING CRUNCHY

Pretzels
Baked Potato Chips
Sweet Potato Tortilla Chips
Multigrain Tortilla Chips
Fig Newtowns
Rice Krispie Treats
Raisins

**SWEET TEMPTATIONS
HOMEMADE CUSTARDS**

Traditional
Pumpkin
Low Fat

PUDDINGS

Vanilla
Chocolate
Butterscotch
Tapioca

HOMEMADE COOKIES

Oatmeal Raisin
Chocolate Chip

BAKED GOODS

Carrot cake
Angel Food Cake *served with Berries*
(Chocolate or Lemon)

Chocolate Cream Cheese Brownie
Seasonal Fruit Crisp or Cobbler

WAX QARJAJAC LEH

Pretzels
Jibs Bataato Duban
Sun chips
Fig Newtons
Macmacaanka Rice Krispie
Hummus leh Crostini
Sabiib

**MACMACAANK KU KEDIYA
KASTARKA GURI-SAMEYSKA AH**

Caadiga ah
Bocor leh
Subagga Yar

XALWO FAAKIHEYSI (PUDDING)

Fanilla
Shoklaatka ah
Butterscotch
Tapioca

BUSKUT GURI SAMEYS

Soor sareen Sabiib ah
Gabal Shukulaato

CUNTOOYINKA DUBAN

Keeg ka sameysan kaarot
Keega Cuntada Sareeysa lagu bixiyo beeri
(Shukulaato ama Liimo)

Kareemo Shukulaato Buuro bur ah
Furuut xilliyeed Kirisbi ama Cabitaan
barafeysan

GELATINS

Orange
 Strawberry
 Sugar Free Strawberry

FRUITS

Seasonal Fruit
 Apple
 Banana
 Grapes
 Mixed Fruit Cup
 Orange
 Applesauce
 Canned Peaches
 Canned Pears
 Mandarin Oranges

7-DINE (7-3463)

healthy eating,
 the mediterranean way

Research has shown that the people living in the Mediterranean region are among the healthiest in the world, with low rates of chronic diseases and cancer. The diet and activity of the people in the region plays a vital role in their overall health and well being.

Consume most of your foods from plant sources and include fruits, vegetables, potatoes, whole grains and breads, beans, nuts and seeds. Whenever possible, choose

JELAATOYINKA

Oranjo
 Starawbeeri
 Statrowbeeri aan sokor laheyn

FURUUTADA

Furuuto Xilliyeed
 Tufaax
 Moos/Muus
 Canab
 Koob Furuut mushakal ah
 Qaybo Liin Macaan/Oronjo ah
 Soos-Tufaax
 Khookh Qasacadaysan
 Beeriska Qasacadaysan
 Liinta Mandariinta

7-DINE (7-3463)

cunista caafimaadka leh,
 dariiqa mediterranean-ka

Cilmi-baarista ayaa muujisay in dadka ku nool agagaaraha Mediterraneanku ay yihiin kuwa ugu caafimaadqabka badan adduunka, iyaga oo ku leh saamiyo hoose cudurrada joogtadada ah iyo kansarka. Cuntada iyo waxqabadka dadka deegaanka ayaa kaalin muhiim ah ka qaadata caafimaadkooda iyo fayoobidooda guud.

Cun cuntooyinkaaga inta ugu badan ee laga helo Ilaha caleemaha oo ay ku jiraan furuutada, khudaarta, bataatada, badarka buuxa iyo rootida, digirta, miraha geedaha iyo miraha kaleba. Markasta oo suurtagal

<p>seasonally fresh and locally grown whole foods with minimal processing.</p> <p>Replace saturated fats (butter, margarine, whole milk and cheese, and tropical oils) with monounsaturated fats (olive and canola oil) and low fat or fat-free dairy products.</p> <p>Consume moderate amounts of fish and poultry and fewer than 4 eggs per week (including those used in cooking and baking). Choose red meat only a few times per month, limiting intake to 16 ounces per month.</p> <p>Choose fresh fruit as your daily dessert. Save sweets with a significant amount of sugar and saturated fat for a special treat no more than a few times per week.</p> <p>Include activity and exercise in your daily routine.</p> <p>Consult with your doctor and health care team regarding wine or alcohol intake.</p>	<p>ah, dooro cuntooyin dabiici ahaan buuxa, xilli ahaantoodna daray ah laguna beeray deegaankan oo warshadaynta ugu yar leh.</p> <p>Ka beddelo kuwa dufanka xarkaga leh (subagga, maarjariinta, caanaha buuxa iyo farmaajo, iyo saliidaha cimilada kulul) iyo dufanka "monounsaturated" (saliid saytuunta iyo kanoorada) iyo waxyaabaha kale caanaha ah ama ka sameysan ee dufanku ku yaryahay ama bilaa dufanka ah.</p> <p>Cun in dhedhexaad ah oo kalluun iyo digaag ah iyo in ka yar 4 xabbo oo ukun ah usbuucii kasta (oo ay ku jiraan kuwa loo isticmaalo wax karinta iyo cunto dubitaanka). Xulo hilibka cas kaliya dhowr jeer bishii, adiga oo ku xadeynaya cunitaankooda 16 wiqaayadood bishii kasta.</p> <p>Xulo furuutka dareyga ahi inuu kuu noqdo macmacaankaaga maalintii kasta ah. U keydso macmacaanka sonkorta iyo dufanka badan leh ku raaxaysiga gaarka ah ee aan ka badanayn dhowr jeer usbuucii.</p> <p>Ku dar dhaqdhaqaaqa iyo jimicsiga waxyaabo caadeysigaaga maalin kasta.</p> <p>Kala tasho dhakhtarkaaga iyo kooxdaada daryeel caafimaad arrimaha ku saabsan qaadashada waynta ama khamriga.</p>
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Food Matters

Local Food, Healthy Choices

At Fletcher Allen we understand that Nutrition and the environment are linked to the health of our patients and our community. This is reflected in our commitment to serving fresh, locally produced, minimally processed foods, and to partnering with over 70 farmers and food producers throughout the region. We buy local food that is nutritious, that is produced in a way that is good for our environment, and that boosts the local economy.

Arinta Taagan ee Cuntada

Cuntada Deegaanka laga soo saaro, Xulasho Caafimaad leh

Markaynu ku suganahay Fletcher Allen Waxaynu garowsanahay in nafaqadu iyo deegaanka ay ku xiran yihiin caafimaadka bukaanadeena iyo bulshadeena. Tani waxay u egtahay wacadkeena aynu ugu adeegeyno cunto daray, oo deegaanka laga soosaaray, oo ay warshadunu ku yaryihiin, anagoo iskaashi la sameynayna in ka badan 70 beeraley iyo cunto soo saarayaasha gobolka oo idil. Waxaynu soo iibsanaa cuntada deegaanka oo ah kuwo nafaqo badan, waxaana lagu soo saaraa hab u wanaagsan deegaankeena, waxayna kabtaa dhaqaalaha deegaanka.