

Nutrition is critical to the healing process. Your physician or provider has prescribed a diet order as part of your treatment plan. Physician-prescribed diets may include:

Regular Diet:

No restrictions on foods allowed.

Clear Liquid Diet:

Foods are apple juice, chicken or beef broth, jello, tea, coffee or soda. This diet is usually ordered for a few days.

Full Liquid Diet:

A step up from Clear Liquid diet to include cream soups, cream of wheat and dairy products.

Cardiac Diet:

Foods are lower in fat, cholesterol and sodium (salt). Foods that are limited are high fat meats such as bacon and sausage, high fat desserts, and foods with high salt content.

Consistent Carbohydrate Diet:

Consistent Carbohydrate Diet, also known as Diabetic Diet: Foods provided are consistent in carbohydrates, lower in sugar, sodium (salt) and fat. Includes a low sugar dessert and sugar substitute for drinks.

Low Fiber / Low Fat/ Low Lactose Diet:

Designed for patients after gastrointestinal surgery generally used for up to 5 days.

Renal Diet:

Foods offered are chosen to help limit potassium or phosphorus to support kidneys. Foods high in potassium to be limited include bananas, oranges, potatoes, and tomatoes. Foods rich in phosphorus to be limited include cola beverages, deli meats, hot dogs, and convenience foods.

Bariatric Clear Liquid:

Usually offered after bariatric surgery and provides minimal caffeine, sugar and carbohydrate content. No straws are allowed for beverages.

IDDSI Diet:

IDDSI is the International Dysphagia Diet Standardization Initiative for a Modified Texture Diet. IDDSI diets levels 2 to 7 are commonly ordered. These diets provide foods that help make the work of chewing easier, and to help keep swallowing safe. Foods provided are modified in texture (chopped, ground, mashed or pureed) that can be easily chewed and swallowed. They are generally moist. Foods restricted include: nuts, seeds, whole grains and foods not chopped or ground. Bread should not be offered until Level 7.

IDDSI Level 2: Mildly Thick (Nectar Consistency) liquids only (thin liquids may cause choking)

IDDSI Level 3: Moderately Thick (Honey Consistency) liquids only (thin liquids may cause choking)

IDDSI Level 4: Pureed foods that are smooth with no lumps and no chewing is required

IDDSI Level 5: Minced and Moist soft food in very small particles with little chewing required

IDDSI Level 6: Soft and Bite-sized food that is moist and can be mashed with a fork

IDDSI Level 7: Easy to Chew foods but no hard, tough, chewy or stringy textures

IDDSI Level 7: Regular foods with no restrictions



Regular Menu

Our goal within Carilion Dining and Nutrition Services is to provide you with delicious food and an excellent dining experience.

We want your stay to be a pleasant one.

If you have any questions or special needs please feel free to call us between the hours below:

Carilion Franklin Memorial 7:45 am – 4:45 pm	540 489-6341
Carilion Giles Community 7:00 am – 6:00 pm	540- 922-4169
Carilion New River Valley 7:30 am – 6:00 pm	540-731-2580
Carilion Roanoke Community 8:00 am – 5:00 pm	540-224-4561
Carilion Roanoke Memorial 7:00 am – 7:00 pm	540-981-7408
Carilion Rockbridge Community 7:45 am - 5:00 pm	540-458-3232
Carilion Tazewell Community 7:45 am – 5:00 pm	276-988-8770



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**