



**Sierra Nevada
Memorial
Hospital
Presents
The
SIERRA CUISINE**



The SIERRA CUISINE

Welcome to Sierra Nevada Memorial Hospital. This is your personal menu, to be kept in your room during your hospital stay. As food is important to your recovery, your doctor has ordered a diet best suited to your condition. From time to time the doctor may change your diet. When this occurs, your previously selected diet is cancelled and the new diet is substituted. Delayed meals, due to tests, treatments, medications or other reasons may sometimes cause a substitution in a previously selected diet.

These menus have been designed to provide a variety of choices for all diets. If some items have been crossed off of your menu, it is because they are not suitable for the diet your physician ordered or the choices you made exceeded the allowable amounts (of fat, sodium, etc.). Should you have any questions about your food, a Registered Dietitian or her representative will be glad to visit you. Please call Extension 623.

Breakfast service begins at 7:30 a.m. Hot food can be served until 9:00 a.m. After this time, a continental breakfast is served. Lunch service begins at 12:00 noon. Hot food can be served until 1:30 p.m. After this time, a soup and sandwich is served. Dinner service begins at 5:30 p.m. Hot food can be served until 6:30 p.m. After this, a sandwich and beverage is served until the department closes at 7:30 p.m.

Your Nutritional Wellness:

Studies show that eating a well balanced, varied diet can speed your recovery remarkably. Try to choose foods from the Four Food Groups at each meal. These groups are Milk, Protein Foods, Breads and Cereals, and Fruits and Vegetables.

The Nutritional Services Staff would be happy to provide you with information regarding your special nutritional requirements.

The SIERRA CUISINE

Breakfast Menu

Chilled Juices

Orange
Apple
V-8 Juice

Fruits

Banana Half
Fresh Fruit in season

Cereals

Hot Cereal of the day
Corn Flakes
Rice Krispies

Raisin Bran
All Bran
Shredded Wheat

Entrees

Scrambled Eggs
Cholesterol - Free Scrambled Eggs
Golden Omelet

Soft Cooked Egg
French Toast with Maple Syrup
Crisp Golden Waffles

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Appetizers & Mini Salads

V-8 Juice
Orange Juice
Apple Juice

Cream Soup of the Day
Vegetable Soup

Tomato Slices
Tossed Green
Molded Gelatin Salad

Our Specialties

Fillet of Fish -
tender white fish seasoned with lemon and parsley

Italian Spaghetti -
a meaty tomato sauce served over thin noodles

Swiss Steak - Sierra Style -
grilled to a golden brown and baked
in a seasoned sauce

Omelet of the Day -
the French egg delicacy, garnished with fruit

Baked Chicken with Sauce -
baked to a golden brown...topped with a
delicious sauce

Hamburger -
a grilled beef patty served with the "works"

Vegetables

Baked Potato
Rice Pilaf
Mashed Potato

Vegetable of the Day

Weekly Specials

Entrees Luncheon and Dinner

Salad Plates

Fiesta Fruit Plate -
a colorful variety of fruits with
a scoop of cottage cheese and crackers

Chilled Chef's Salad -
Sliced Julienne meats and cheeses, tomato and egg
Select your favorite dressing

Cold Sandwiches

Sliced Roast Beef -
thinly shaved beef served on French bread or roll

Deluxe Club Sandwich -
crisp bacon, tender turkey, mayonnaise, lettuce
and tomato on white toast

Tuna Salad Sandwich -
served on whole wheat bread with vegetable garnish

Desserts

Fresh Fruit in Season
Gelatin Jewels
Chocolate Ice Cream

Angel Food Cake
Pudding
Baked Custard

Vanilla Ice Cream
Fruit Sherbet
Dessert of the Day

Wine List

Good food is enhanced by good wine.
Enjoy this experience by selecting one of
our fine wines with your meal.

Chablis — a light, dry, white
table wine

Rose - an ever popular, all
purpose wine that goes well
with any food

How To Order

Keep this menu in your room. An appropriate order sheet for your diet prescription will be distributed each morning on your breakfast tray. Please take it off the tray and circle your choices. A Nutritional Services Representative will collect your menu and assist you between 9:00 and 10:30 a.m. If for any reason, you cannot have your menu ready by this time, it will be our pleasure to fill one out for you. Patients admitted after 2:00 p.m. will receive a "House" Diet until they can select from the menu on the following morning. If a friend or relative will be selecting your meals, we can supply them with several menus in advance. Please make your request known to the Nutritional Services Representative.

Guest trays for visitors are available and must be ordered through Nursing Personnel at least 2 hours in advance. Please have your visitor pay at the Cashier's desk in the front Lobby and bring the receipt to the Nutritional Services Department.



Lunch		
Portions: <u>Small</u> Medium Large		
Orange Juice Apple Juice V-8 Juice	APPETIZERS	Cream Soup Vegetable Soup Broth
MINI SALADS Tomato Slices Tossed Green Molded Salad		SALAD DRESSINGS French Italian 1000 Island Blue Cheese Low-Cal
	SANDWICHES (Offered on Days Indicated) M, TH, SAT Roast Beef TUES, SUN Club House W, F Tuna Salad	
Fruit Plate Fish Fillet Spaghetti Swiss Steak	ENTREES	Chef's Salad Omelet Chicken Hamburger
Baked Potato Rice Pilaf Mashed Potatoes	Special of the Day VEGETABLES	Vegetable of the Day
DESSERT Fresh Fruit Gelatin Jewels Custard Choc. Ice Cream Van. Ice Cream	Sherbet Angel Food Cake Pudding Dessert Special	MISCELLANEOUS Dinner Roll Crackers Coffee Creamer Lemon Margarine Jelly Honey
Coffee Decaf Coffee Decaf Tea Hot Tea	BEVERAGES	Milk 2% Milk Nonfat Milk Chablis Rose'
BLAND: NO COFFEE, TEA, DECAF COFFEE, CHOCOLATE, WINE		
— Salt — Sugar		
Day: M T W TH F SAT SUN Date _____		
Name _____ Room _____		
REGULAR-BLAND 4		

8800 366

History

Sierra Nevada Memorial Hospital was born in 1934, when a non-profit corporation was organized to build and operate a 125 bed hospital to serve the growing country communities of Nevada county. Dividends from five million dollars of gold mining stock were made available by the founding fathers - Judge Edgar T. Zook, Dr. Carl P. Jones and Erroll MacBoyle. The building was started in 1939, high on a hill northwest of the site on which the present hospital resides. World War II put an abrupt halt to construction. After the war, gold mining was no longer profitable and it was not possible to complete the building. The property was sold in 1953 and these funds, together with money raised by a dedicated band of loyal supporters, were enough to build and equip the 42 bed Sierra Nevada Memorial Hospital. On December 28th, 1958, the hospital received its first patients. Miners Hospital, a 21 bed facility, was built in Nevada City in 1940 by five mining companies. It was acquired by the corporation which owns Sierra Nevada Memorial in June 1965. Demand for services has accelerated ever since. The first expansion was completed on December 28th, 1971, which brought with it a total of 71 beds to Sierra Nevada Memorial. The current expansion, to be completed in 1984, will raise the bed capacity to 124 beds, in addition to providing more space for the Surgery suite, the Emergency Room, Radiology, Laboratory, Administration and the Business Office. The Hospital is owned by Sierra Nevada Memorial - Miners Hospitals, Inc., a California non-profit corporation. The Hospital maintains a dual commitment: to provide the finest medical services available and to contain costs wherever possible. The Hospital plans to preserve that commitment in the years ahead.