

MENU

To Our Patient

Welcome to Emanuel Hospital & Health Center. We're proud to offer you this restaurant style menu for your dining enjoyment. Our menus have been designed to provide a variety of choices for all diets. Some items may not appear on some special diet order sheets. The dietary representative who picks up your order form can answer questions for you.

We hope your stay is pleasant and wish you a speedy recovery. If you have any special requests or suggestions, please call one of our diet clerks at ext. 4184.

How To Order

This is your personal menu to be kept in your room during your hospital stay and take with you when you leave.

Each day you will receive a "menu order form" on your lunch tray. To order your dinner today, breakfast and lunch tomorrow; simply circle the items desired on your menu order form. The form will be collected by a member of the Food & Nutrition staff or volunteer. LEAVE FORM IN ROOM - DO NOT SEND IT BACK ON TRAY.



Our professional staff would like to recommend our "Healthy Heart" ♥ menu selections. We have chosen to highlight these food items because they are low in cholesterol, fat and sodium. We also use reduced-calorie salad dressings and corn-oil margarine for all patient meals. Combine these choices with low-fat milk for YOUR "Healthy Heart"!

Guest Trays Available

If a family member or friend would like to join you for a meal, we will be happy to serve a guest tray in your room. Please call extension 4184 to order. A food service employee will come to your room to take your order. You may use your personal charge card or cash.

Breakfast

STARTERS			
JUICES	FRUITS	BREADS	CEREALS
♥Orange Juice	♥Applesauce	♥English Muffin	♥Oatmeal
♥Apple Juice	♥Banana 1/2	Bagel/Cream Cheese	♥Cream of Wheat
♥Tomato Juice	♥Prunes	French Crumb Cake	♥Cornflakes
♥Prune Juice	♥Grapefruit Sections	♥Bran Muffin	♥Cheerios
		Cinnamon Roll	Granola Cereal
			♥Raisin Bran
			♥Rice Krispies

BREAKFAST SPECIALS	
Sunday • Eggs Benedict Poached egg and Canadian-style bacon on a toasted English muffin, topped with Hollandaise sauce.	Wednesday Ham and Cheese Omelette Julienne strips of sautéed ham and grated Cheddar cheese nestled in a two-egg omelette.
Monday • Spanish Omelette Our Spanish sauce is scratch-made from fresh tomatoes, green pepper and onions, folded in a two-egg omelette.	Thursday • French Toast Fresh Texas-style bread, battered and grilled to a golden brown.
Tuesday • Old Joe's Special An original from San Francisco. Sautéed spinach, ground beef, and onions blended with eggs. Accompanied by sour cream.	Friday Mushroom and Cheese Omelette A delicate two-egg omelette filled with fresh Oregon mushrooms and Cheddar cheese.
Saturday • Egg McManuel A new favorite; Canadian bacon, fried egg and melted cheese nestled in a toasted English muffin.	

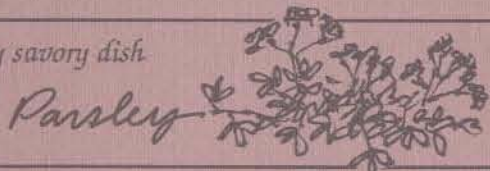


Traditionally used in all bean dishes to increase flavor and make them more digestible. Also served with trout and pork dishes.



Thyme

Chopped & sprinkled over almost every savory dish you can think of. Chewed after eating garlic, parsley will remove the smell.



Lemon thyme is good with fish or fruit dishes, and may be used dry in a potpourri. Also a reasonable astringent.

ENTREES		
Scrambled Eggs Light and fluffy eggs scrambled without added seasoning.	Fried Egg Poached Egg	Hash Browns Bacon
Pancakes Three golden pancakes served hot from the griddle with maple syrup.	♥Fruit Yogurt	Turkey Canadian Bacon
	♥Lo Cholesterol Egg Substitute-Scramble	

Lunch & Dinner

All entrees served with appropriate accompaniment.

SANDWICH BAR

- ♥Sourdough Bread
 - ♥Tuna Salad
 - Turkey Pastrami
 - ♥Turkey
 - Peanut Butter/Jelly
 - ♥Rye Bread
 - ♥Whole Grain Bread
 - Roast Beef
 - Egg Salad
- Sandwiches served with appropriate accompaniment.



Garlic Except when boiled, garlic is strong and to be used with discretion in cooking. It is particularly used in combination with parsley, with which it has a great affinity.

STARTERS

- ♥Tomato Juice
- Potato Salad
- ♥Garden Salad with Dressing
- ♥Vegetable Beef Soup
- Cream of Tomato Soup
- ♥Chicken Noodle Soup
- Consommé

FROM THE GRILL

- Hamburger or Cheeseburger
- Hot Dog
- Grilled Cheese Sandwich
- French Fries



The principal use of the bay leaf is culinary. Especially good with tomatoes and Italian dishes.

LUNCH SPECIALS

♥**Sunday • Rock Cornish Game Hen**
Tender game hens stuffed with a blend of long grain and wild rice and baked to a golden brown with our special honey glaze.

♥**Monday • Fettucini Primavera**
Fettucini pasta, zucchini, mushrooms, spinach, and green onions tossed in an Italian Parmesan cream sauce- a classic treat!

♥**Tuesday • Turkey Tettrazini**
Spaghetti, turkey, mozzarella cheese, mushrooms, and herbs tossed with a creamy bechamel sauce and baked in casserole.

♥**Wednesday • Tortellini Bolognese**
Bite-size tortellini shells stuffed with a blend of ricotta and romano cheese, lightly sautéed and topped with our homestyle meat sauce.

♥**Thursday • Garden Quiche**
Freshly baked tart of broccoli, mushrooms, onions, cheese, and herbs in a flaky pie crust.

♥**Friday • Seafood Newburg**
A perfect combination of shrimp, scallops, and cod sautéed with mushrooms and baked in our sherry cream sauce. Served on a bed of steamed rice.

♥**Saturday • Lasagna Marinara**
A combination of mozzarella, Cheddar, and ricotta cheese, mushrooms and semolina pasta topped with a zesty Italian tomato sauce.

♥**Sunday • Swedish Meatballs**
A blend of beef, veal and pork delicately seasoned and braised in a mushroom gravy. Served with parsley buttered noodles.

♥**Monday • Prime Rib of Beef**
Carefully roasted to maintain flavor and moisture. Served traditionally with a baked potato, sour cream and au jus.

♥**Tuesday • Filet of Salmon**
An Oregon Favorite! We char-broil our salmon, then baste it with lemon and wine. Finished with our special herb butter. Accompanied by steamed red potatoes.

♥**Saturday • New York Steak**
Premium aged New York steak charbroiled for your satisfaction and crowned with a mushroom cap. Accompanied by a baked potato and sour cream.

Wine available with Physician's order.

♥**Wednesday • Chicken Teriyaki**
Boneless breast of chicken marinated with fresh ginger, garlic, orange juice and soy sauce. Served with Oriental-style fried rice.

♥**Thursday • Roast Pork Loin Espagnole**
A lean roast of boneless pork delicately roasted and laced with our rich brown sauce. Served with a duchess-style potato.

♥**Friday • Veal Marsala**
Tender morsels of veal in a delicious Marsala wine sauce with sautéed mushrooms, onions and herbs. Served with tender egg noodles.

This herb makes a good tea & the fragrant oil extracted from the leaves is used in perfumes, shampoos & other cosmetics.

Rosemary

ENTREES

- ♥**Chicken:** Broiled and baked with supreme sauce.
- ♥**Fresh Fish of the Day:** Chef's Choice
- ♥**Cottage Cheese & Fruit Plate**
- Macaroni/Cheese AuGratin
- French Dip Sandwich
- ♥**Vegetable Stir Fry**
- ♥**Chef's Salad**



Tarragon

Cooked or raw, tarragon is excellent with chicken or fish. The leaves are used in tarragon vinegar. Excessive use of the herb can produce a slightly bitter flavor.

Caraway

The roots of caraway can be boiled and eaten as a vegetable, while the tender young leaves add a refreshing taste to salads & soup.



DESSERTS

- ♥Seasonal Fresh Fruit
- ♥Canned Fruit in Juice
- Vanilla Pudding
- Cookie
- Ice Cream
- ♥Sherbet
- Custard
- ♥Gelatin

Dessert of the Day

75 Years of Community Service

As Emanuel Hospital & Health Center celebrates its 75th year of excellence, there will be attention focused on the current strengths and future growth of the institution the *Business Journal* "...the best place to be sick in Portland." It is also important to include some history in any discussion of Emanuel's anniversary year. The Emanuel story is a reflection of the dedication of the scores of employees and friends who sacrificed, dreamed, and excelled to make Emanuel one of the finest health care facilities in the region.

September 14, 1909	The Swedish Lutheran Hospital Board is formed, electing the Rev. Carl Renhard chairman. Small plot of land purchased in Albina
January 23, 1912	Opening of Emanuel Hospital at SW 10th & Taylor
1912	Opening of the Emanuel Hospital School of Nurses
February 3, 1912	First baby born at Emanuel
September 12, 1915	Building on North Portland site begins; a 55-bed structure, at a cost of \$24,000
December, 1915	Hospital moved to new building on Stanton and Commercial Streets
1919	First recorded meeting of the medical staff
1919	New addition was completed, adding a basement, 3-stories, 100 beds to the existing hospital
January, 1925	Decision made to construct a new hospital
June 2, 1925	Alice Swanman appointed director of Maternity Hospital; work on new hospital building on Graham Street begins
1926	Main hospital was erected
1926	Maternity moved to south wing, separate from surgery
1932	North and east wings of main building constructed
1941	Construction of the \$125,000 60-bed maternity hospital begins
1952	The old 1915 and 1919 hospital buildings were razed
1956-57	Polio center closed at Emanuel
1959	Construction begins on swimming pool and two wings on the Nurses' Home
1960	Construction complete on Intern Resident Quarters and the cobalt therapy department
December, 1961	Chronic disease and Rehab center constructed
1962	\$2.3 million remodeling in the south wing, including ICU and isolation units
1964	Alice Swanman retires after 51 year career in nursing. Swanman lectures begin in her honor
1967	Decision to remain in inner city rather than move to suburban Portland is made by Board of Directors
1968	Emanuel Medical Office Building opens
1969	Emanuel and Physicians and Surgeons form Metropolitan Hospitals, Inc. to purchase Gresham Community Hospital, and to build and operate Meridian Park Hospital
1972	Emanuel Medical Center Foundation is begun by the Emanuel Charity Board
1975	Nursing School graduates its last class
1976	Oregon Burn Center opens
November 10, 1977	President Gerald Ford dedicates new patient tower
March, 1978	Life Flight begins
February, 1981	Trauma services begin as a dedicated service
June, 1982	Drs. William Brown and Robert Huston discover a common preservative causes infant deaths
October, 1985	Metropolitan Hospitals, Inc. changes its name to HealthLink
July, 1986	Groundbreaking for new west wing, to house trauma services, surgical services, and pediatrics

Diet Summary

The professional staff of our department has planned this menu to offer you a choice of foods, essential to your well-being, which are in accordance with the diet prescribed by your physician.

Some of the diets commonly prescribed at Emanuel Hospital & Health Center are:

General - Designed for persons who require no special dietary modifications. You may choose from a variety of foods depending upon your personal preference. Several vegetarian items are included as well as traditional favorites.

Low Fiber - Designed for patients who are unable to digest normal amounts of fiber. Fresh fruits and vegetables are avoided on this diet except for lettuce and bananas.

Reduced Fat/Cholesterol - Designed to reduce the consumption of total fat, including saturated fat and cholesterol.

Reduced Calorie - Modifications include those on the reduced fat/cholesterol diet in addition to a restriction of refined sugar and honey.

Reduced Sodium - Designed to meet your physician's specifications by restricting table salt and foods that contain liberal amounts of sodium.

Mechanical Soft - Designed for patients with chewing problems. Hard-to-chew foods are chopped or ground to provide tasty alternatives.

Puree - Designed to aid patients with chewing and swallowing problems. We are very proud of our dysphagia program. Foods from our general menu are blenderized to the appropriate consistency, in addition to special high protein, high calorie desserts and beverages to provide a special service to those patients who may require it.

Full Liquid - Designed to provide nourishment for patients who are acutely ill or who are unable to swallow or chew solid food.

Clear Liquid - Designed to provide an oral source of fluids and small amounts of calories and electrolytes as a means of preventing dehydration with a minimum of fiber.

Combination Diets - Your physician may order any combination of the above diets or other restrictions that may be required by your medical condition.

All restrictions will be noted on the order form that is on your tray when your meal is served. You may want to save this form to use as a learning tool.

PLEASE NOTE

On occasion, x-rays, laboratory or other diagnostic tests will require that your meals be delayed. We will deliver your meal as quickly as possible when the diet order is resumed.

Sometimes after you have selected your menu, your physician may order a special diet. Automatically, your previously selected diet is cancelled and the special diet substituted.

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