Sierra Nevada Memorial Hospital Presents 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

### Appetizers & Mini Salads

<table>
<thead>
<tr>
<th>V-8 Juice</th>
<th>Cream Soup of the Day</th>
<th>Tomato Slices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Juice</td>
<td>Vegetable Soup</td>
<td>Tossed Green</td>
</tr>
<tr>
<td>Apple Juice</td>
<td></td>
<td>Molded Gelatin Salad</td>
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### 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

### 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
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.

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

Menu

Lunch
Parts: Small Medium Large

Cheese Salad

APPETIZERS

Vegetable Crudites
French Dips

MINI SALADS

Tomato Slices
Tomato Cottone
Shrimp Salad

SALAD DRESSINGS

Italian
1000 Island
Blue Cheese
Low Cal

ENTREES

Fruit Plate
Prime Rib
Spaghetti
Veal Steak

Special of the Day
Chef’s Salad
Chicken

VEGETABLES

Mashed Potatoes
Roasted Potatoes

Lasagna
Ravioli

Salad
Angel Food Cake
Pudding
Vanilla Ice Cream
Dessert Special

COFFEE

Coffee
Decaf Coffee
Tea
Hair of the Dog

BEVERAGES

Milk
2% Milk
Nonfat Milk
Chocolate
Hot Water

BLEND: NO COFFEE, TEA, DECAF COFFEE

CHOCOLATE, HERSHEY

Salt
Sugar

Day: M W T H F S A U N D Date
Name: Room:

REGULAR-BLACK 4
**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.