Welcome to Room Service Dining
Fairview Hospital is pleased to offer room service delivery of your personally selected and individually prepared meals. A variety of food selections and meal times are available to you, making it convenient to decide what to eat and when to eat. Your freshly prepared meal is available any time between 6:30 a.m. and 6:30 p.m.

If your doctor has ordered a special or restrictive diet and you have questions about which menu items are allowed, our Nutrition and Foodservice Supervisors will be able to address your special needs at the time of your order. You can expect to receive your meal within 45 minutes. When scheduling your food delivery time, please consult with your nurse to allow time for your treatment or therapy schedules. If your doctor has prescribed a modified diet, some items may be altered or substituted.

Sincerely,
The Nutrition and Foodservices Department

FOR OUR PATIENTS WITH DIABETES
Our menu includes the number of carbohydrate servings beside each food item (in brackets) to help you manage your blood sugars. One serving of carbohydrate equals 15 grams; the average diabetic diet includes three to five carbohydrate servings per meal. If you have questions about your diet, please ask when you place your order. Monitoring blood sugars and administering medications must be timed with food intake to be most effective. For this reason it is important that you notify nursing staff after ordering each meal.

❤ = Low Salt (115 mg/serving), Low Cholesterol, Low Saturated Fat, and Caffeine Free

In 2007, Fairview Hospital was the first hospital in Massachusetts to commit to the “Healthy Food in Health Care” Pledge with Health Care Without Harm, a national organization dedicated to improve the quality and sustainability of food products in healthcare facilities. Our goal is to provide nutritional care and food services that enhances the experience of patients, visitors, and staff.

Our effort to create a “healthier” hospital is a reflection of our commitment to raise the standards of quality health care in our community, both inside and outside our walls.

Mason’s Café Hours
Monday through Friday
6:30 a.m.-6:15 p.m.
Weekend and Holidays
6:30 a.m.-6:00 p.m.
Mason’s Café is located on the Ground Floor near the Main Lobby. Vending services are available 24 hours a day in the outer café.

From inside Fairview Hospital, dial Ext. 3663 (FOOD)
Patient’s guests may also place orders for meals: the cost is $6.50 per meal. Cash or check may be used. These meals will be delivered to the patient’s room.

From outside Fairview Hospital, call 413-528-0790, Ext. 3663

Nutrition and Foodservices Department
Roger Knysh, Director
413-854-9618
rknys@bhs1.org
29 Lewis Avenue, Great Barrington, MA 01230
www.berkshirehealthsystems.org

From inside Fairview Hospital, dial 3663 (FOOD)
From outside Fairview Hospital, call 413-528-0790, Ext. 3663

A_R002_FH_S15Menu_11.indd 1-3
4/11/12 12:16 PM
**Eye Openers**
- Orange Juice [1]
- Prune Juice [1]
- Apple Juice [1]
- V-8 Juice [1]
- Banana [2]
- Prunes [1]
- Fresh Fruit Cup [1]
- Fruited Yogurt [2]

**Cereals**
- Oatmeal [2]
- Cream of Wheat [2]
- Rice Krispies [1]
- Corn Flakes [1]
- Cheerios [1]
- Raisin Bran [15]
- Vegetarian Florentine Eggs Benedict [1]
- French Toast with Syrup [3]
- Bacon or Sausage Home Fries [1]

**Hot Breakfast**
- Eggs (one or two, any style)
- Omelet (one or two eggs, see Toppings)
- Breakfast Sandwich [2]
- Traditional Eggs Benedict [1]
- Toast (one or two pieces; White, Whole Wheat, or Rye) [1 or 2]

**Breakfast Bakery**
- Homemade Muffin [2]
- English Muffin [2]
- Bagel with Cream Cheese [3]
- Tossed Salad with choice of dressing (Italian, Ranch, or French)
- Tossed Salad (Cheese or Chicken) [3]
- Macaroni & Cheese [2]

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Half portions available upon request.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Lunch & Dinner**

### Appetizers
- Soup du Jour [12]
- Chicken Noodle Soup [1]
- Tomato Soup [1]
- Tossed Salad with choice of dressing (Italian, Ranch, or French)

### Chef’s Favorites
- Penne Pasta with Sauce (Primavera, Marinara, or Meat) [2]
- Stir Fry with Brown Rice (Vegetarian or Chicken) [2]
- Salmon Fillet with Seasoned Panko Crumbs
- Roasted Chicken with Natural Gravy [1]
- Savory Beef Pot Roast with Pan Gravy [1]
- New England Cod Individual Pizza (see Toppings) [3]
- Quesadilla with Salsa Cream (Cheese or Chicken) [3]

### Garden Favorites
- Chicken Caesar Salad [1]
- Chef’s Salad [1]
- Cottage Cheese Fruit Plate [2]
- Tuna Salad Plate [1]
- Chicken Salad Plate [1]

### From the Grill
- Hamburger [3]
- Cheeseburger [3]
- Veggie Burger [3]
- Chicken Filet [3]
- Grilled Cheese [2]
- Chicken Tenders with BBQ or Honey Mustard [1]
- Grilled Ham & Cheese [2]

### Deli Signature Sandwiches

#### (Whole or Half)
- Turkey [7]
- Ham [2]
- Tuna Salad [2]
- Chicken Caesar Wrap [3]
- Chicken Salad [2]
- Creamy Peanut Butter & Jelly [4]
- Baked Potato Chips [2]

**CHEESE:** American, Swiss, or Cheddar

**BREAD:** Whole Wheat, Rye, White, or Wrap

### Omelet and Pizza Toppings

**“Build your own” selection of toppings**
- Fresh Spinach
- Peppers
- Cheese
- Onions
- Sausage
- Bacon
- Pepperoni

### Side Dishes
- Dinner Roll [1]
- Broccoli Florettes [1]
- Sliced Carrots
- Green Beans
- Sweet Corn [1]
- Brown Rice Pilaf [1]
- Whipped Potatoes [1]
- Roasted Red Potatoes [1]
- Baked French Fries [1]

### Desserts
- Fresh Fruit Cup [1]
- Apple Crisp [3]
- Chocolate Brownie [3]
- Strawberry Layer Cake [3]
- Chocolate Chip Cookies [4]
- Gelatin, Berry or Citrus [1]
- Pudding, Vanilla or Chocolate [1]
- Ice Cream, Vanilla or Chocolate [1]

### Beverages
- Coffee or Tea (Decaf available)
- Herbal Tea
- Unsweetened Iced Tea
- Cocoa [15]
- Skim Milk [1]
- Lowfat Milk [1]
- Spring Water
- Fortified Shake [4]

### Condiments

#### Butter
- Margarine
- Cream
- Non-dairy Cream
- Salt & Pepper
- Mrs. Dash

#### Cheese
- American, Swiss, or Cheddar
- Each [2]

#### Meat
- Bacon
- Sausage
- Pepperoni

#### Sugar
- Brown Sugar [1]
- Sugar [1]
- Splenda [1]

#### Condiments
- Lemon
- Jelly [6]
- Peanut Butter [1]
- Raisins [15]
- Maple Syrup [1]
- Honey [2]
- Brown Sugar [1]

**Note:**
- ❤ Low Salt (115 mg/serving), Low Cholesterol, Low Saturated Fat, and Caffeine Free
- [ ] Number of carbohydrates per serving