

Not Your Ordinary Hospital Food!

Sutter Surgical Hospital—North Valley Serves Up Delicious Gourmet Meals

Pan-seared wild prawns, lemon mousse crepes topped with fresh berries, and grilled beef tenderloin with garlic mashed potatoes are just a few of the tasty treats awaiting patients at the new Sutter Surgical Hospital—North Valley (SSH-NV). The hospital's gourmet menu rivals many first-class restaurants.

"The new surgical hospital is state-of-the-art, right down to its kitchen," says Toni Morris, SSH-NV's CEO. "We've hired an experienced chef to create a fantastic menu and prepare all the food on-site. There's no reason hospital food can't be nutritious and delicious."

Have It Your Way

Patients are able to choose what they want to eat from a menu of mouth-watering dishes, including vegetarian options, which change every day. Meals are made to order and can be adjusted to suit a patient's tastes as long they follow any physician-ordered dietary restrictions.

"Cooking for hospital patients can be challenging. Some have limitations on what they can eat due to diabetes, high blood pressure and other health problems," says Head Chef and Dietary Manager Heather Platter. "We make everything from scratch so we can control what goes into the food. Plus, we use all fresh ingredients, including in-season fruits and vegetables, which means we can cut down on added sugar and salt without losing flavor."

Patients can take advantage of the hospital's "room service" and order meals within a range of times that suits them best. If patients get hungry between meals or have the midnight munchies, they can order a nutritious snack or a delicious sandwich made in-house. All meals are served on beautiful china dishes alongside high-quality silverware.

Taking Healthy Habits Home

Platter consults with a registered dietitian to ensure that the food served meets every patient's nutritional and dietary needs. She also follows state guidelines and regulations concerning meals served in hospital and health care settings.

"What you eat directly impacts your health, especially when you are healing," says Platter. "In addition to enjoying delicious food during their stay, we want patients to realize that it is possible to eat healthy food that tastes great. We hope they will be inspired to be more creative at home and make healthier choices."

Bon appétit!



Heather Platter and her team hope to inspire patients with their creative, healthy menus.