

ZORG
op het
BORD

Menu

Would you like to know more about Zorg op het Bord, the nutritional program of Amsterdam UMC, location AMC?

Please visit zorgophetbord.nl.



Tasty and healthy food in the AMC

It is important to eat well. Choose what you feel like, and make sure you eat enough protein because that helps with recovery!

The nutritional assistant will visit you several times a day to ask what you feel like eating.

Your choices are on this menu.

Service times

08.00 – 09.00 breakfast

10.00 – 11.00 smoothie

12.00 – 13.00 lunch and a lunch special

15.00 – 16.00 beverages and a snack

17.00 – 18.30 dinner

18.00 – 18.30 dessert

19.00 – 19.30 beverages and a snack for the evening

Diets and allergies

Do you have a food allergy? Please inform your attending doctor about this so we can offer you an adapted menu. The nutritional assistant has a different menu for various diets and allergies.

14 statutory allergens

Egg, gluten, lupine, milk (including lactose), mustard, nuts, peanuts, shellfish, celery, sesame seeds, soy, sulfite, fish and mollusks.

In any case, we have meals available that exclude the 14 statutory allergens.



Do you have questions or comments about the food or beverages? Please discuss this with the nutritional assistant.

Do you have any comments about our service and/or the assortment? Please send an email to:

zorgophetbord@amsterdamumc.nl

We are always looking for feedback to improve our service!

Breakfast - lunch - beverages - snacks

Are you in the mood for a meal with lots of protein?

Cottage cheese with fruit from the yoghurt bar, a thick slice of multi-grain bread with a boiled egg (20 g protein)

The lunch dish of the day (10 g protein), a thick slice of multi-grain bread with cheese and a glass of milk (25 g protein)

If you choose a soup, ask for a sandwich with double toppings so that your lunch contains enough protein.

BREAD	Protein in grams
Thick slice topfit multi-grain	4 g
Slice of fine whole-grain bread	3 g
Slice of white bread	3 g
Pancake	3 g
Raisin bread	2 g
Egg cake	2 g
Light whole-grain cracker	1 g
Rusk	1 g

PORRIDGE	Protein in grams
Oatmeal porridge, high in protein	10 g
Rice flour porridge	10 g
Corn flakes with milk	7 g

YOGHURTBAR

Creamy Islandic yogurt, 100 grams	10 g
Low-fat cottage cheese, 100 grams	10 g
TOPPING PER SPOON:	
Pumpkin seeds	5 g
Walnuts	3 g
Muesli	2 g
Pure chocolate	1 g
Apple	1 g
Fruit	- g
Strawberry sauce	- g
Honey	- g
Cinnamon	- g

SANDWICH FILLINGS	Protein in grams
Boiled free-range egg	7 g
Cheese, extra matured (halal)	6 g
Cumin cheese 20+	6 g
Semi-matured cheese 48+	5 g
Egg salad	5 g
Smoked beef	3 g
Chicken fillet	3 g
Beef pastrami (halal)	3 g
Grilled sausage	3 g
Shoulder ham	2 g
Cheese spread 48+	2 g
Petit paté (vegetarian sausage)	1 g
Hummus	1 g
Peanut butter	4 g
Chocolate sprinkles	1 g
Strawberry jam	- g
Honey	- g
Apple syrup	- g
Diet margarine	- g
Butter blend	- g

EXTRAS

Apple syrup, chutney, ketchup, piccalilli, mustard mayonnaise, mayonnaise, sugar, sambal, pepper and salt	- g
You can also ask for these seasonings at dinner.	
Cucumber, tomato, arugula	- g



Lunch dish:
Multigrain sandwich egg salad cheese

MILK, YOGURT AND DAIRY PUDDING	Protein in grams
Semi-skimmed milk	5 g
Whole milk	5 g
Buttermilk	5 g
Chocolate milk	5 g
Soy drink	5 g
Vanilla dairy pudding	3 g
Orange juice	1 g
Apple juice	- g
Sparkling mineral water	- g
Fruit syrup tropical 0% sugar	- g
Fruit syrup raspberry	- g
Homemade herb water or fruit water	- g

COFFEE AND TEA	Protein in grams
Coffee and tea	- g
Semiskimmed dairy creamer	1 g

FRUIT AND VEGETABLES	Protein in grams
Orange, banana	1 g
Apple	- g
Various types of fruit, seasonal	- g
Snack tomatoes	- g
Apple sauce	- g

SNACKS	Protein in grams
Cheese cubes, 3 pieces	7 g
Nuts unsalted	5 g
Maria biscuit	- g
Popsicle	- g
Drinking broth	- g

DAILY SPECIALS	Protein in grams
Smoothie	5 g
Lunch dish	10 g
Snack	5 g
Dessert of the day	10 g

PROTEIN-RICH AND ENERGY-RICH SNACKS	Protein in grams
Protein shake	20 g
Protein-enriched juice	10 g
Protein-enriched ice cream	10 g

PROTEIN-RICH AND ENERGY-RICH DRINKS	Protein in grams
Delical sugar free	20 g
Nutridrink Crème 2 kcal Protein	20 g
Nutridrink Compact Protein	18 g
Nutridrink Compact	12 g
Nutridrink Yoghurt Style	12 g
Nutridrink Juice Style	8 g
Nutrini Smoothie summerfruit	7 g

Are you thirsty or in the mood for an extra sandwich? Please ask me.



Dinner

The nutritional assistant will visit you in the afternoon to help you choose your dinner.

1

Choose your meal

Choose a daily menu (A, B or C) or meal salad

2

Would you prefer something else?

Then change one of the ingredients from the daily menu or choose something from this list

3

Half or whole serving?

Indicate how hungry you are



Or would you rather... Protein in grams

MEAT, FISH, VEGETARIAN

- Roast chicken fillet 18
- Braised cod fillet 15
- Omelet 9

FOR ON TOP...

- Tomato sauce 1
- Gravy 0

VEGETABLES

- Broccoli 8
- Carrots 1

POTATOES / RICE

- Boiled potatoes 2
- Mashed potatoes 3
- Basmati rice 3

Menu B is completely vegetarian.

Halal dishes:

- Roast chicken breast halal 18 g
- Roast beef steak halal 17 g

Additional vegetarian and vegan dishes:

- Fried tempeh 17 g
- Falafel 7 g

We have even more vegetarian, vegan and halal meals available.

Ask about the possibilities



Tartlet filled with whitefish, haddock, cod and shrimp



Chicken curry masala with long green beans and roti

Caesar salad

Mixed lettuce, strips of fried chicken fillet, Parmesan cheese, a boiled free-range egg, Caesar dressing and a slice of bread.

31 grams of protein

Salad Niçoise

Mixed lettuce, tuna, onion, baby potatoes, green beans, a boiled free-range egg and a slice of bread

28 grams of protein

Please visit our website for more information about our dishes



	Dish A	Protein in grams	Dish B	Protein in grams	Dish C	Protein in grams
MON	Roast chicken fillet with gravy Red cabbage with apple Boiled potatoes	20	Goulash with lupine, bell pepper and tomato Egg garnish Broccoli Celeriac puree	22	Vegetarian "meatballs" in tomato-pesto sauce Ratatouille Macaroni	25
TUE	Braised cod with herb sauce Carrots Mashed potatoes	19	Nut "meatballs" with gravy Spinach with egg Boiled potatoes	20	Creole beef with long green beans, tomato, bell pepper and pineapple Basmati rice	23
WED	Chicken thigh grilled on skewers with satay sauce (Indonesian peanut sauce) Beans with mild sambal Fried potatoes	27	Meatless chili with pulled oats Basmati rice	25	Tartlet filled with whitefish, haddock, cod and shrimp Cucumber and tomato salad	24
THU	Braised beef shoulder steak with gravy Boiled potatoes	23	Kale and sunflower seed burger with gravy Mashed potatoes with leeks and cheese	23	Penne (pasta) with chicken in stroganoff sauce Cucumber and tomato salad	30
FRI	Deep fried cod with remoulade sauce Broccoli Mashed potatoes	22	Tempeh in sweet-and-sour sauce Stir fry dish of pointed cabbage, onion and tomato Mie (rice noodles)	24	Indian curry dish with bok choy, lentils, carrot and coconut milk Basmati rice	31
SAT	Roast pork shoulder steak with gravy Hotchpotch (mashed potatoes with carrots and onions)	25	Dish made with ketjap (sweet Indonesian soy sauce) Seroendeng Peas Basmati rice	20	Hamburger with arugula, tomato and ketchup Arugula and cucumber salad Fried potatoes	22
SUN	Large meatball made from beef and pork and fava beans with gravy Cauliflower Fried potatoes	24	Vegetarian satay (grilled on skewers with peanut sauce) with satay sauce (Indonesian peanut sauce) Atjar Tjampoer Nasi goreng (fried rice)	31	Chicken curry masala Long green beans Roti (filled flatbread)	24

Proteins are important nutrients for your body.

During illness or recovery, you need more protein than usual.

Someone who is ill needs at least 1.2 grams of protein per kilogram of body weight per day.

There are a few exceptions to this, for example if your kidneys are not working properly or if you are severely underweight or overweight.

But someone who is healthy needs only 0.8 grams of protein per kilogram of body weight per day.

The yogurt bar

You can enjoy our yoghurt bar all day long!

You can choose from Icelandic yogurt or low-fat quark. Both contain twice as much protein as a glass of milk or a bowl of custard.

We have many toppings to make your yogurt extra tasty!

These can be found on the breakfast and lunch page.

How much protein do you eat?

How much protein do you need per day?

Bodyweight	Protein needed per day
50 - 59 kg	60 - 71 grams
60 - 69 kg	72 - 83 grams
70 - 79 kg	84 - 95 grams
80 - 89 kg	96 - 107 grams
90 - 99 kg	108 - 119 grams
> 100 kg	> 120 grams

Do you want to know if you are eating the advised amount of protein?

Use the abacus

Example:
at breakfast you ate:

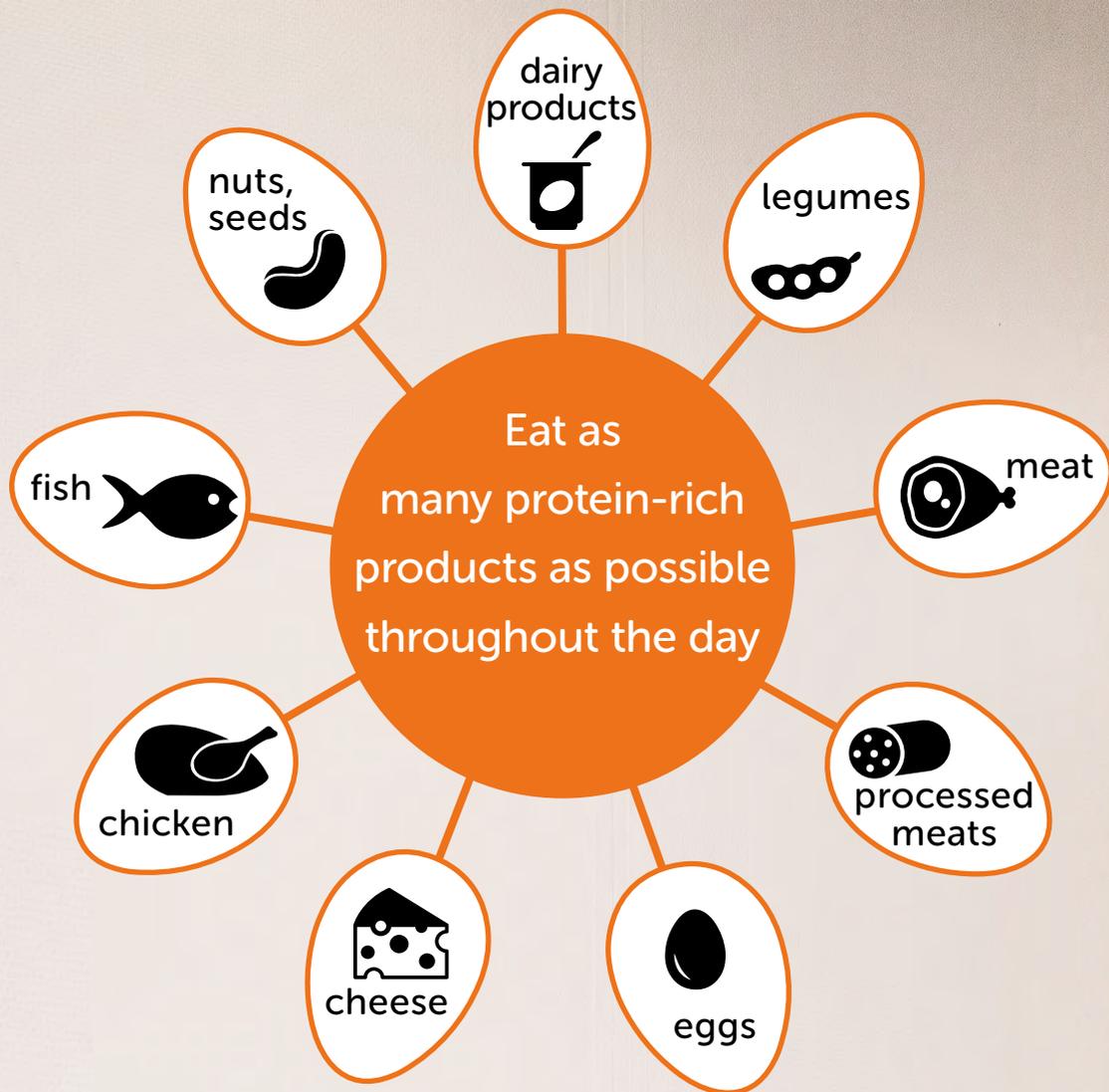
1 slice of bread	3
1 slice of cheese	5
1 bowl of quark	10
1 cup of tea	0
Total	18

1. Color in 18 eggs in the abacus under the breakfast heading
2. Write the total amount of protein in the bottom bar
3. Repeat this process in the subsequent columns whenever you eat something
4. At the end of the day, add up the totals in the last row and write this number in the large egg
5. Now you can see how much protein you have eaten that day

Ask the dietician for advice if you want to know more about protein in your diet.

You can request a new abacus for every day from the nutritional assistant!

Protein in grams	Breakfast	Snack	Lunch	Snack	Dinner	Evening snack
1	○	○	○	○	○	○
2	○	○	○	○	○	○
3	○	○	○	○	○	○
4	○	○	○	○	○	○
5	○	○	○	○	○	○
6	○	○	○	○	○	○
7	○	○	○	○	○	○
8	○	○	○	○	○	○
9	○	○	○	○	○	○
10	○	○	○	○	○	○
11	○	○	○	○	○	○
12	○	○	○	○	○	○
13	○	○	○	○	○	○
14	○	○	○	○	○	○
15	○	○	○	○	○	○
16	○	○	○	○	○	○
17	○	○	○	○	○	○
18	○	○	○	○	○	○
19	○	○	○	○	○	○
20	○	○	○	○	○	○
21	○	○	○	○	○	○
22	○	○	○	○	○	○
23	○	○	○	○	○	○
24	○	○	○	○	○	○
25	○	○	○	○	○	○
26	○	○	○	○	○	○
27	○	○	○	○	○	○
28	○	○	○	○	○	○
29	○	○	○	○	○	○
30	○	○	○	○	○	○
Date: -- -- --	Total protein in grams					-- -- -- -- -- Total



Advice from internist Maarten Soeters

It is important that you eat well in the hospital, because then you will recover faster from your illness or surgery! People in the hospital are usually not very hungry, and you may not feel like eating at regular mealtimes. That is why we make sure that you can choose from a varied selection of delicious foods and beverages at any time of the day. Choose what you want and make sure you eat enough protein, because that helps with recovery!

Do you know that you will recover even faster if you get some exercise?

Almost everyone can eat at the table, so don't hesitate to ask the nurse about this and get out of bed to eat. Another good tip is to turn the meal into family time when you have visitors. Eating together is often much more pleasant than eating alone!



patient with dr. Soeters

Delicious protein-rich recipe for home!

Protein is an important building material, especially during your recovery. This pancake recipe with nut cream of cashews and cocoa is delicious, nutritious and highly recommended if you can use extra protein.



Pancakes with nut cream

for 5 servings

Ingredients

Pancakes

100 ml whole milk
3 eggs
250 g cottage cheese
65 g chickpea flour
15 ml rapeseed oil
75 g crème fraîche
pinch of salt

Filling

100 g unsalted raw cashews
5 g cocoa
40 ml maple syrup
40 ml rapeseed oil

Preparation

1. Put the cottage cheese in a bowl and add the eggs one by one. Mix everything together with a mixer and add the chickpea flour and salt. Pour the batter onto greaseproof paper on a baking sheet or in a spring form and spread a little oil on top. Bake the batter in 6 minutes in a preheated oven at 200°C. Let the pancake cool in the refrigerator.
2. Grind the cashews to a smooth paste in a food processor. Put this in a bowl with the rapeseed oil, cocoa powder and maple syrup, to make a delicious cashew cream.
3. Cut the pancake into 3 equal bars or points. Spread the nut cream on a layer of pancake and place another layer of pancake on top. Spread another layer of nut cream and cover with the last slice of pancake. Refrigerate.
4. Cut the filled pancake into portions. This dessert can also be combined with a scoop of ice cream and seasonal fruit for extra vitamins!
5. Garnish the pancake with fresh fruit and shaved almonds.

Per 100 grams:

235 kCal, 17 g fat, 10,5 g protein, 10,5 g carbohydrates