

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](https://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](mailto: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	
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
<b>TOPPING PER SPOON:</b>	
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
Turkey filet (halal)	3 g
Grilled sausage	3 g
Shoulder ham	2 g
Cheese spread 48+	2 g
Petit paté (vegetarian)	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, mangochutney, ketchup, piccalilli, mustard mayonnaise, mayonnaise, sugar, sambal, soy sauce, pepper and salt	- g
<b>You can also ask for these seasonings at dinner.</b>	
Cucumber, tomato, arugula	- g



Lunch dish:  
Multigrain sandwich egg salad cheese  
10 grams of protein

#### 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

Coffee and tea	- g
Semiskimmed dairy creamer	1 g

#### FRUIT AND VEGETABLES

Orange, banana	1 g
Dried prune	1 g
Apple	- g
Various types of fruit, seasonal	- g
Snack tomatoes	- g
Apple sauce	- g

#### SNACKS

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

Protino	21 g
Protein-enriched juice	10 g
Protein-enriched ice cream	10 g

#### PROTEIN-RICH AND ENERGY-RICH DRINKS

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
Nutrinidrink 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

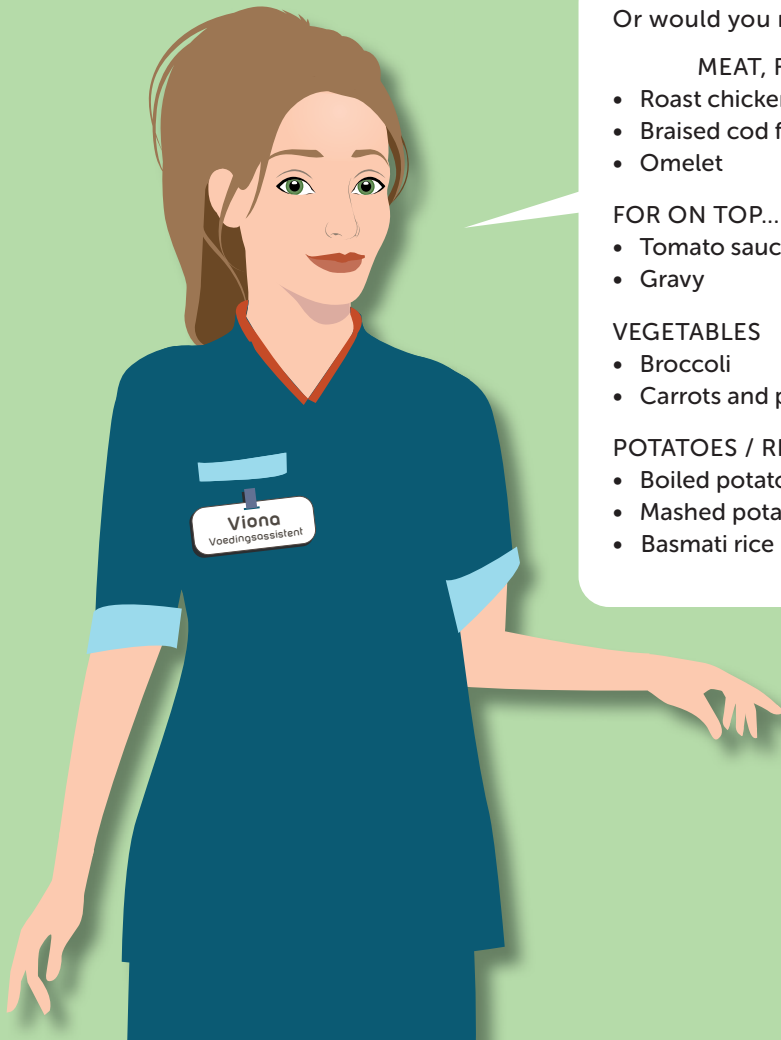
## Would you prefer something else?

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 g
- Braised cod fillet 15 g
- Omelet 9 g

### FOR ON TOP...

- Tomato sauce 1 g
- Gravy 0 g

### VEGETABLES

- Broccoli 8 g
- Carrots and peas 5 g

### POTATOES / RICE

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

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



Asparagus Pie with pork and egg and bell pepper and apple salad



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	<b>Calf ragout</b>  Carrots Mashed potatoes	20 g	<b>Vegetarian satay with peanut sauce</b> Seroendeng (roasted coconut, peanuts) Mild goreng beans Brown rice	29 g	<b>Vegetarian "meatballs"</b> in tomato-pesto sauce  Ratatouille Whole wheat macaroni	24 g
TUE	<b>Braised cod</b> with herb sauce  Beetroot with apple Mashed potatoes	21 g	<b>White bean dish</b> with tomato, onion, bell pepper, pulled oats Bell pepper and apple salad	23 g	<b>Brazilian coconut chicken</b> with onion and bell pepper in coconut milk Couscous with vegetables	28 g
WED	<b>Roast chicken fillet</b> with gravy  Broad beans Fried potatoes	26 g	<b>Vegetarian strips with mushrooms</b> in mustard sauce Mashed potatoes with sauerkraut, apple and pineapple	23 g	<b>Deep fried cod</b>  Vegetable stew of pointed cabbage, carrot, sweet potato Mashed potatoes	22 g
THU	<b>Chicken thigh grilled on skewers</b> with peanut sauce  Green beans Brown rice	25 g	<b>Meatless chili</b> with pulled oats  Mashed potatoes	23 g	<b>Oriental beef stew</b>  Couscous with vegetables	23 g
FRI	<b>Deep fried fish filet</b> with mustard mayonnaise  Spinach with egg Mashed potatoes	27 g	<b>Indian curry dish</b> with bok choy, lentils, carrot and coconut milk  Brown rice	29 g	<b>Asparagus Pie</b> with pork and egg  Bell pepper and apple salad	20 g
SAT	<b>Braised beef steak</b> with gravy  Potatoes mashed with arugula, carrot and broad beans	24 g	<b>Bolognese sauce</b> Grated cheese Cucumber and tomato salad Whole wheat macaroni	21 g	<b>Spinach and goat cheese quiche</b> Vegetable and cheese salad Fried potatoes	22 g
SUN	<b>Large meatball made from beef and pork</b> with gravy Broccoli Potato gratin	25 g	<b>Tempeh in sweet-and-sour sauce</b>  Seroendeng (roasted coconut, peanuts) Bami goreng (pan fried noodles)	26 g	<b>Chicken curry masala</b>  Long green beans Roti (filled flatbread)	24 g



## How much protein do you eat?

The menu lists the protein content of each dish (in grams) to help you make a high-protein choice.

Our nutrition assistants also prepare tasty, protein-packed specialities of the day to help keep your diet varied and provide the extra protein you need for your recovery.

## 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



## 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. If you are on a lactose-restricted or cow's milk protein-free diet, you can choose lactose-free yoghurt or soy-based quark.

We have many toppings to make your yogurt extra tasty! These toppings are listed on page 4 till 6.



## Protein is important to your recovery

The human body needs protein. Proteins are found in muscles, organs, skin, and even our nails and hair. They are continuously being built up and broken down to grow muscles or repair cells in the body.

The body recycles many proteins, but that alone is not enough; the body also needs protein from food and drink—as much as 0.8 grams per kilogram of body weight.

If you are ill or over 70, you need at least 1.2 grams of protein per kilogram of body weight. For example, if you weigh 75 kg, you need 90 grams of protein per day. The breakdown of proteins in the body is greater than the build-up due to healing wounds, fever, or old age.

### What could a high-protein meal look like for you?

- Breakfast: bowl of quark with muesli and fruit, a boiled egg and a cup of tea
- Lunch: one chicken fillet sandwich, one cheese and egg salad sandwich and one glass of milk
- Dinner: one of the options from our menu and a dessert

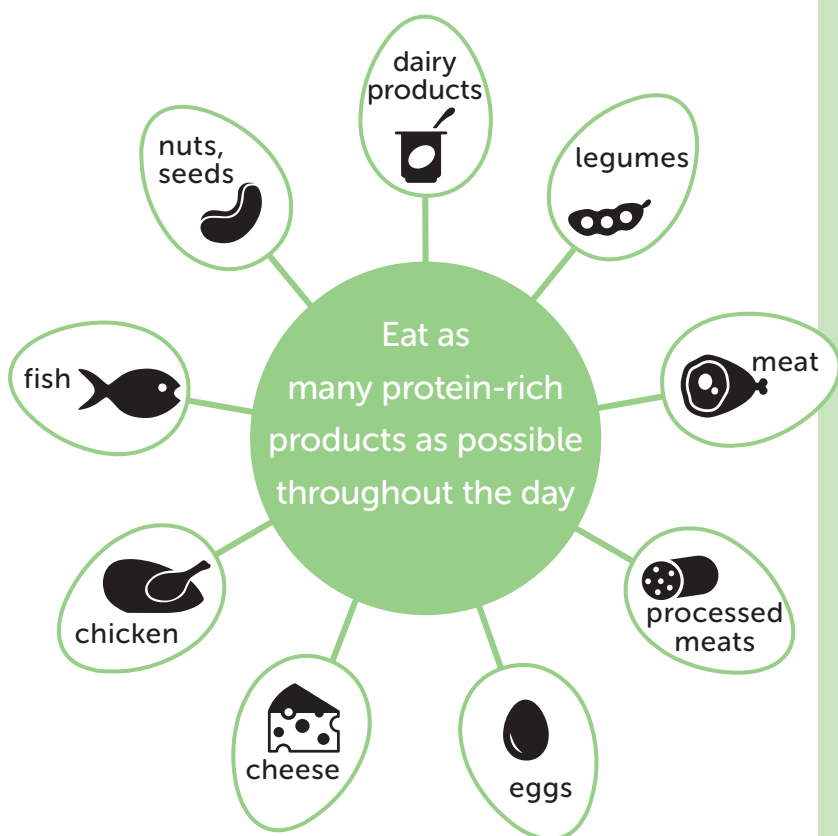
Always prioritise the meat, fish, chicken or meat substitute at dinner. These are the most protein-rich.

A high-protein snack before bed helps build your muscles overnight.

Your options for protein-rich snacks include:

- A handful of nuts
- A pancake with chocolate spread, banana and walnuts
- A fruit smoothie with quark or soy-based quark
- Chicken meatballs with chutney





## What proteins do you need?

Protein is found in animal products such as meat, fish, chicken, dairy (milk, quark, cheese) and eggs. It can also be found in plant products, such as grains, nuts, legumes and mushrooms. Make sure you eat enough of these products if you are ill, recovering or elderly.

The body makes the best use of protein when you eat 20–30 grams per meal. If this is too much for you, you can also eat protein-rich snacks (5–10 grams of protein) throughout the day.

In addition to proper nutrition, exercise is also important for proper protein absorption. Taking a walk is good, but even eating at the table instead of in bed is already a good form of exercise. Every little bit helps!

Want to know more?

Ask the dietitian for more information



## Good nutrition is important for everyone

Amsterdam UMC's **Zorg op het Bord** programme gives food and drink the attention they deserve throughout the hospital, as nutrition is an important part of your recovery. We also want to provide a healthy eating environment in our restaurants in our hospital plazas.

## What is healthy?

**Adequate energy and protein in your diet** are important when you are ill. **Protein** keeps your muscles as strong as possible. We have included a list of protein-rich foods and drinks on pages 10 and 11.

## Fruits and vegetables

**Fruits and vegetables** also fit into a healthy diet; they provide the vitamins, minerals and fibre your body needs. The recommended daily intake is at least **250 grams of vegetables** and **two pieces of fruit**. This may seem like a lot, but a handful of **cherry tomatoes** easily adds up to 100 grams of vegetables.

## Opt for fibre

Whole grain products, fruits and vegetables contain fibre. Fibre is important for healthy bowels. Choose **multigrain or whole wheat bread for lunch**. For dinner, we serve a generous portion of **vegetables** and you can choose **whole grain rice and whole grain pasta**. The **white bean dish** or Indian curry with lentils are also high-fibre options. They are both rich in fibre and an excellent source of vegetable protein!

Maintaining a healthy diet is easier said than done. Check out [voedingscentrum.nl](http://voedingscentrum.nl), make small changes and opt for food swaps.

### Tips:

- **During dinner, eat your vegetables and meat, fish or meat substitute first.** Leave your potatoes or rice if you are not very hungry.
- **Ask the nutrition assistant for tomato or cucumber with your lunch.** You can add cucumber slices to a cheese sandwich or have cherry tomatoes as a refreshing snack.
- **You can also eat fruit throughout the day.** Add fruit to a bowl of quark for a protein-rich snack with a portion of fruit. The nutrition assistant will prepare a delicious protein smoothie with fruit for you in the morning.