# Additional Meal Options for Family \& Visitors: 

## Visitor Trays

- Between 6:30 a.m. and 6:00 p.m., visitors can arrange to receive a lunch or dinner tray to a patient's room for an additional fee. Meals are charged at the time of service (Credit Card Only).
- With advance notice, you may be able to personalize your menu selections.
- If you contact the central kitchen one hour prior to regular meal service times, we will be happy to serve your tray along with the patient meals.
- If you have any questions or would like to purchase a visitor tray please call the central kitchen at ext. 2-5200.

Cafeteria • Hours: 6:30 a.m. - 3:30 p.m. In A Rush • Hours: 6:30 a.m. - 4:30 p.m.
Open Monday through Friday (excluding holidays) Located on the 2nd floor in the Armour Academic Center building.

- Offers a wide variety of hot \& cold menu items including freshly prepared custom made salads, sandwiches, a rotating build your own station, along with hot soups, desserts and several comfort food items.
- Serves Intelligentsia coffee and many specialty coffee options as well as fresh fruits, homemade baked goods, smoothies and more.


## Vending Machines • Hours: 24hrs/day

Located throughout the Medical Center.

- Ask unit personnel for directions to the nearest machines.
- The largest vending area is located on the first floor of the Jelke building.

Au Bon Pain Restaurant • Hours: 24hrs/day Located on the 4th floor of the Atrium building. Offers a variety of bakery, sandwich, salad and soup options.

This menu along with other useful information about Rush Food \& Nutrition Department can be viewed at: www.rush.edu/fns


Nutrition -
The Key to Unlocking Good Health
Our chefs at Rush have developed a menu to not only entice your taste buds but also meet your nutrition needs during your stay.

## Daily Orders

You will be given a menu form to make your selections for Breakfast, Lunch and Dinner the next day. Complete and return your form to our staff so we can begin preparation of your personalized meals.
Some menu items may be altered to ensure your meals are consistent with the diet your doctor has ordered for you.

## Missed your meal?

- Call the central kitchen at ext. 2-5200.
- Between 6:30 a.m. - 7:30 p.m. our staff will assist you with obtaining a meal.
- After 7:30 p.m. let your nurse know of any immediate nutritional needs.


## Snacks

Snacks are available in the unit nourishment room. If you have any special snack requests please ask your Diet Tech to order them for you.

## Nutrition Counseling

Nutrition Counseling is available to all patients/families while in the hospital. If interested, please let your Diet Tech know or call ext. 2-5200.

Hot \& Hearty (max of two
Buttermilk Pancakes $\vee$ (2) R Breakfast Egg Sandwich (2) R Home-Fried Potatoes (1) V

French Toast $>$ (2) R
Scrambled Eggs $\vee$
Hardboiled Egg ${ }^{\vee}$

Fresh Starts (max of two)


## Lunch \& Dinner

Items below are available 10:30 a.m. - 2:00 p.m. \& 4:30 p.m. - 7:30 p.m.

| Lunch \& Dinner <br> Items below are available 10:30 a.m. - 2:00 p.m. \& 4:30 p.m. - 7:30 p.m. |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Soups/Juices ${ }^{\text {( }}$ (max of two) |  | Entrees (max of one) |  |  |  |
| Vegetable Broth V - Minestrone V |  | Grilled Cheese Sand | dwich (2) |  |  |
| Old Fashioned Cream of Tomato (1) |  | Vegan BBQ Sandwich | $h \geqslant(3) \mathrm{R} V$ |  |  |
| Cream of Mushroom (1) |  | Tortilla Encrusted Tila | apia $\downarrow$ (1) $R$ |  |  |
| Juice $\downarrow$ (1) V |  | Veggie Burger on Bu | $n \vee$ (2) R V |  |  |
| Orange/Prune <br> Apple/Cranberry/Grape R |  | Oven Baked Chick'n N | Nuggets (4) |  |  |
|  |  | Personal Rush Cheese | Pizza $\downarrow$ (2) |  |  |
| Side Salads \& Starters (max of three) |  | Personal Rush Vegan P | zza $\downarrow$ (2) V |  |  |
| Mixed Greens $\vee$ R V - Chips \& Salsa $\upharpoonright$ (1) V <br> Fresh Fruit Bowl $\vee(1) \vee-$ Carrot \& Celery Sticks $\vee$ R V |  | Mixed Greens Salad with Wa \& Balsamic Dressing | rm Chick'n Chunks $\lg \vee(2) R$ |  |  |
| Hummus with Vegetables $\downarrow$ (1) R V |  | Cottage Cheese \& Fresh F | Fruit Bowl $\vee$ (1) |  |  |
| Yogurt $\mathrm{V}^{(1)}$ |  | Grilled Vegetable Sand | wich $\upharpoonright$ (3) V |  |  |
| Blueberry/Strawberry/Vanilla Nutty Granola (optional) (2) |  | Hummus with Grilled Veg | getables $\vee(2) \vee$ |  |  |
|  |  |  |  |  |  |
| Vegetables \& Sides (max of three) |  | Desserts (max of one) |  |  |  |
| Whipped Potatoes $\vee$ (1) | Carrots $\downarrow$ V | Strawberry Shortcake $\downarrow$ (1) R | Peach Cobbler (1) |  |  |
|  | Green Beans $\mathrm{R}^{\text {V }}$ | Chocolate Chip Cookie (3) | Apple Pie (6) |  |  |
| White Rice $\vee(1) \mathrm{R} V$ | Corn $>$ (1) V | Confetti Angel Food Cake $\$ (2) R & Chocolate Brownie (4)  \hline Vegan Gravy $\vee \vee$ | Mustard Greens $\uparrow(1) \vee$ | Vanilla Frozen Yogurt $\downarrow$ (1) | Walnut Blondie Bar (3) |
| Macaroni \& Cheese (1) <br> Tater Tots (2) V <br> Baked Potato Chips $\vee(2)$ V | Grilled Vegetable Medley | Ice Cream (2) or Pudding $\downarrow$ (1): | Chocolate/Vanilla |  |  |
|  | $\checkmark$ (1) R V. | Regular Gelatin: $\boldsymbol{\vee}$ (1) R or Sugar | Free Gelatin: $\downarrow$ R |  |  |
|  | (Zucchini/Yellow Squash/ <br> Sweet Potato/Green Beans) | Lemon/Strawberry/Raspberry Italian Ice $\vee(1) R$ V: Cherry/Lemon | n/Orange |  |  |

Fruit $\vee(1) \vee($ max of one)

| Seasonal Fruit | Banana (2) | Peach Slices R | White/Whole Wheat Bread Zucchini Muffin (2) |  |
| :--- | :--- | :--- | :--- | :--- |
| Apple R | Mandarin Oranges | Pear Half R | Dinner Roll | Blueberry Muffin - low fat |
| Applesauce R | Grapes R | Watermelon R | Saltine Crackers | Graham Crackers |

## Condiment \& Beverage options available on Menu Form

- Please note that only one tray per meal is sent to each patient. Additional items are available for purchase by calling 2-5200. © Some items on your menu may be altered to ensure your meals are consistent with the diet your doctor has ordered for you. • "マ" indicates heart healthy • "(\#)" indicates number of carbohydrate choices ( 1 choice $=15$ grams of carbohydrates) • " $R$ " indicates item is available on a renal diet • "V" indicates Vegan options • Gluten Free and Kosher menus available upon request. • Additionally, please alert our staff of any food allergies you may have. - To minimize the risk of foodborne illness, please anticipate that all meat, poultry, seafood, and other cooked foods will be prepared to meet the USDA food safety recommendations. i.e., medium-well done for beef, etc.

