# 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 vour 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
- The largest vending area is located on the first floor of the Jelke building.

### Au Bon Pain Restaurant • Hours: 24hrs/day

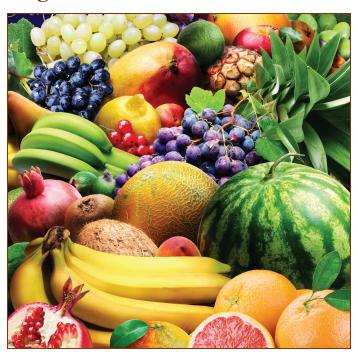
Located on the 4th floor of the Atrium building. Offers a variety of bakery, sandwich, salad and soup options.

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



# Dining Guide

# Vegetarian



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.



Items below are available 6:30 a.m. to 10:00 a.m.



### Hot & Hearty (max of two)

Buttermilk Pancakes ♥ (2) R Breakfast Egg Sandwich (2) R Home-Fried Potatoes (1) V

French Toast ♥ (2) R Scrambled Eggs ♥ Hardboiled Egg ♥

Hot Cereal ♥ (1) R V Oatmeal Farina Grits

Cold Cereal ♥ (1) R V

Cheerios® Corn Flakes® Rice Krispies® Raisin Bran® (2) Frosted Flakes® (2)

### Fresh Starts (max of two)

**Cottage Cheese ♥** Applesauce ♥ (1) R V Peach Slices ♥ (1) R V Banana ♥ (2) Stewed Prunes ♥ (1) ∨ Watermelon ♥ (1) R V

Yogurt ♥ (1) Nutty Granola (optional) (2)

From the Bakery (1) (max of one)

**Apple Strudel ♥** R Bagel ♥ R

White Toast ♥ R V Wheat Toast ♥ R V

> Blueberry Muffin - low fat ♥ R **Cappuccino Chocolate Chip Muffin (2)**



# Lunch & Dinner

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



### Soups/Juices ♥ (max of two)

Vegetable Broth ∨ - Minestrone ∨ Old Fashioned Cream of Tomato (1) Cream of Mushroom (1)

**Juice ♥** (1) V

Apple/Cranberry/Grape R Orange/Prune

Side Salads & Starters (max of three)

Mixed Greens ♥ R V - Chips & Salsa ♥ (1) V

Fresh Fruit Bowl ♥ (1) V - Carrot & Celery Sticks ♥ R V

Hummus with Vegetables ♥ (1) R V

Yogurt ♥ (1)

Blueberry/Strawberry/Vanilla Nutty Granola (optional) (2)

### Entrees (max of one)

Grilled Cheese Sandwich (2)

Vegan BBQ Sandwich ♥ (3) R V

**Tortilla Encrusted Tilapia ♥** (1) R

Veggie Burger on Bun ♥ (2) R V

Oven Baked Chick'n Nuggets (4)

Personal Rush Cheese Pizza ♥ (2)

Personal Rush Vegan Pizza ♥ (2) ∨

Mixed Greens Salad with Warm Chick'n Chunks & Balsamic Dressing ♥ (2) R

Cottage Cheese & Fresh Fruit Bowl ♥ (1)

Grilled Vegetable Sandwich ♥ (3) ∨

Hummus with Grilled Vegetables ♥ (2) V

Baked Manicotti ♥ (2)

# Vegetables & Sides (max of three)

Whipped Potatoes ♥ (1)

White Rice ♥ (1) R V Vesuvio Potatoes ♥ (1) V

**Vegan Gravy ♥** ∨

Macaroni & Cheese (1)

Tater Tots (2) V

Baked Potato Chips ♥ (2) V

Carrots ♥ ∨

Green Beans ♥ R V

Corn ♥ (1) V

Mustard Greens ♥ (1) V

**Grilled Vegetable Medley** 

♥ (1) R V:

(Zucchini/Yellow Squash/ Sweet Potato/Green Beans)

### Desserts (max of one)

Peach Cobbler (1)

Strawberry Shortcake ♥ (1) R Chocolate Chip Cookie (3)

Chocolate Fudge Cupcake (3) Vanilla Frozen Yogurt ♥ (1)

Apple Pie (6) Confetti Angel Food Cake ♥ (2) R Chocolate Brownie (4) Pound Cake ♥ (2) R Walnut Blondie Bar (3)

Ice Cream (2) or Pudding ♥ (1): Chocolate/Vanilla Regular Gelatin: ♥ (1) R or Sugar Free Gelatin: ♥ R

Lemon/Strawberry/Raspberry

Italian Ice ♥ (1) R V: Cherry/Lemon/Orange

### Fruit ♥ (1) V (max of one)

Seasonal Fruit Banana (2) **Mandarin Oranges** Apple R **Applesauce** R **Grapes** R

**Peach Slices R** Pear Half R **Watermelon** R Finishing Touches (max of two)

White/Whole Wheat Bread Zucchini Muffin (2) Dinner Roll Blueberry Muffin – low fat

**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. • "♥" 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.