



To place your order,
call ext. 2-3663.



Customize Your Dining

Welcome to Rush! Good nutrition plays an important role in recovery. Our meals are prepared fresh daily and customized to meet your needs. If you have questions about your diet, please let us know when placing your order or have your nurse contact the dietitian. We look forward to serving you.



Please place your orders before:

7 p.m. the night before for Breakfast

9 a.m. for Lunch

3 p.m. for Dinner

Tray production stops between
9:30 - 10:30 a.m. and 3:00 - 4:00 p.m.
for deep cleaning and to prepare
fresh food for the next meal.

Please alert our staff of any food allergies and food preferences your child may have. Meal trays for guests and breast-feeding mothers are available for \$10 per meal. (credit card only)

Please select only one entrée and up to three sides per meal.

Breakfast

(#) = Grams of Carbohydrate ♥ = Heart Healthy 🌿 = Vegetarian V = Vegan R = Renal

Daily

Cereal ♥V

Oatmeal (13) **R** Corn Flakes (18) **R**
Grits (20) **R** Rice Krispies® (16) **R**
Cheerios® (14) **R** Raisin Bran® (27)

Fruit ♥V

Applesauce (12) **R** Stewed Prunes (24)
Diced Peaches (14) **R** Watermelon (9) **R**
Diced Pears (21) **R** Fresh Fruit Cup (10-25)
Oranges (10-22) Banana (29)
Apple (20) **R**

Beverages 🌿

VR Coffee, Decaf Coffee, Tea, Herbal Tea, Iced Tea,
Hot Chocolate (25) ♥, Diet Hot Chocolate (12) ♥

R Milk: Whole (11), 2% (11), Skim (11) ♥, Chocolate
(30), Soy (19) **V**, Lactaid (11)

Juices ♥V : Orange (11), Prune (20), Apple (13) **R**,
Cranberry (16) **R**, Grape (17) **R**, Lemonade (12) **R**

♥VR Diet Lemonade (1), Fruit Punch (15),
Diet Fruit Punch (1)

Proteins ♥🌿R

Hard Cooked Egg (0)
Scrambled Eggs (0)

Dairy ♥🌿

Yogurt: Vanilla (23),
Blueberry (14),
Strawberry (14)

Bakery 🌿R

Apple Strudel (15)
French Toast (35) ♥♥
Blueberry Muffin (29) ♥
Mini Bagel (15) ♥
White Toast (15) **V**
Wheat Toast (15) ♥♥
White Bread (15) ♥♥
Wheat Bread (15) ♥♥
Dinner Roll (18) ♥♥
Saltine Crackers (4) ♥♥
Graham Crackers (11) ♥♥

Breakfast Entrées

Monday French Toast (35) ♥🌿**R**
Mini Breakfast Burrito (24) ♥**R**

Tuesday Pancakes (25) ♥🌿**R**
Overnight Oats (35) ♥🌿**R**

Wednesday Yogurt Parfait (27) 🌿
Roasted Vegetable Frittata (2) 🌿**R**

Thursday Cheesy Grits (21) ♥🌿
French Toast (35) ♥🌿**R**

Friday Spinach Egg White Frittata (1) ♥🌿
Apple Strudel (15) 🌿**R**

Saturday French Toast (35) ♥🌿**R**
Scrambled Eggs (0) ♥🌿**R**

Sunday Blueberry Crepes (20) ♥🌿**R**
Mediterranean Frittata (1) ♥🌿**R**

Daily Blueberry Sauce (11) 🌿**VR**
Strawberry Sauce (7) 🌿**VR**
Whipped Topping (2) 🌿**R**
Syrup (28)/ SF Syrup (4) 🌿**VR**

Our recipes are prepared using low-sodium ingredients and low-fat cooking methods. Some items may be altered to ensure your meals are consistent with the diet your doctor has ordered for you.

Lunch and Dinner Features

Lunch

Dinner

Monday

Meatloaf with Mushroom Gravy (11) ♥R
Pasta Marinara (62) ♥♥
Mediterranean Salad (19) ♥

BBQ Chicken Sandwich (32) ♥R
Grilled Vegetable Sandwich (36) ♥♥♥

Tuesday

Turkey Tetrazzini (42) ♥R
Grilled Chicken Caesar Salad (8) ♥R

Baked Ziti (61) ♥♥
Grilled Chicken (1) ♥R
Whitefish with Lemon Butter (1) ♥R

Wednesday

Chicken Pot Pie over Rice (22) ♥R
Pot Roast (3), ♥R

Salmon with Lemon Butter (1) ♥R
Grilled Chicken (1) ♥R

Thursday

Hamburger (17) ♥R
Turkey Submarine Sandwich (28) ♥R

Roast Turkey (6) ♥R
Whitefish with Lemon Butter (1) ♥R

Friday

Cajun Catfish (2) ♥R
Santa Fe Salad (32) ♥♥♥
Chicken Parmesan (15) ♥

Teriyaki Whitefish (13) ♥R
Pasta with Marinara Sauce (62) ♥♥

Saturday

Pot Roast (3) ♥R
Teriyaki Chicken (20) ♥R

Lemon Chicken (10) ♥R
Salmon with Lemon Butter (1) ♥R

Sunday

Whitefish with Lemon Butter (1) ♥R
Craisin Chicken Salad Pita Sandwich (26) ♥R

Hamburger (17) ♥R
Smothered Chicken (5) ♥R

Condiments
available
upon request.



See back
of menu for
additional
options.

Lunch and Dinner A la Carte Items

(#) = Grams of Carbohydrate ♥ = Heart Healthy 🌿 = Vegetarian V = Vegan R = Renal



Daily Entrées ♥

Pot Roast (3) R
Hamburger (17) R
Grilled Chicken (1) ♥R
Turkey Sandwich (23) R
Grilled Chicken Caesar Salad (8) R
Pasta Marinara (62) V🌿
Salmon with Lemon Butter (1) R
Whitefish with Choice of Sauce: R
Lemon Butter (1), Teriyaki (13)
Vegan BBQ Sandwich V🌿
Vegan Pizza V
Grilled Vegetable Sandwich V🌿

Vegetables ♥V🌿

Corn (24) R Side Salad (2) ♥R🌿V Dressing:
Carrots (8) R Balsamic (0)
Broccoli (6) Honey Mustard (19)
Green Beans (5) R Red Wine Vinaigrette (3) R

Monday Roasted Garlic Cauliflower (4) ♥V

Tuesday Broccoli Florets (6) ♥V

Wednesday Roasted Brussel Sprouts (9) ♥V

Thursday Roasted Vegetables (8) ♥V

Friday Vegan Mustard Greens (4) ♥V

Saturday Roasted Vegetables (8) ♥V

Sunday Green Beans (5) ♥VR

Starches ♥

Mashed Potatoes (16) 🌿 Beef Gravy (4) R
Buttered Noodles (40) 🌿R Chicken Gravy (5) R
Rice (17) 🌿R

Monday Mashed Sweet Potatoes (28) ♥🌿

Tuesday Mashed Potatoes (15) ♥🌿

Wednesday Brown Rice (27) ♥R🌿V

Thursday Buttered Noodles (40) ♥R🌿

Friday Roasted Red Potatoes (24) ♥🌿

Saturday Fluffy Rice (17) ♥R🌿V

Sunday Baked Chips (26) ♥🌿

Desserts 🌿

Monday Blueberry Bar (16) ♥R

Wednesday Strawberry Layer Cake (14) ♥

Thursday Sugar Cookie (19) R

Saturday Vanilla Pudding Parfait (24) ♥

Sunday Strawberry Layer Cake (14) ♥R

Strawberry Layer Cake (14) ♥R

Brownie (53)

Angel Food Cake (28) ♥R

Pound Cake (34) R

Gelatin (18) ♥R

Sugar Free Gelatin (0): Orange ♥R

Vanilla Ice Cream (31)

Chocolate Ice Cream (31)

Italian Ice (18): Cherry, Orange, Lemon ♥♥R