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

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.

CUSTOMIZE YOUR DINING

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

### Cereal ♥ V
- Oatmeal (13) R
- Grits (20) R
- Cheerios® (14) R
- Corn Flakes (18) R
- Rice Krispies® (16) R
- Raisin Bran® (27)

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

### Beverages ♥ V R
- Coffee, Decaf Coffee, Tea, Herbal Tea, Iced Tea
- Hot Chocolate (25) ♥,
- Diet Hot Chocolate (12) ♥
- 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
- ♥V 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) ♥V
- White Bread (15) ♥V
- Wheat Bread (15) ♥V
- Dinner Roll (18) ♥V
- Saltine Crackers (4) ♥V
- Graham Crackers (11) ♥V

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**Daily**

- Blueberry Sauce (1) ♥ V R
- Strawberry Sauce (7) ♥ V R
- Whipped Topping (2) R
- Syrup (28)/ SF Syrup (4) ♥ V R

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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

<table>
<thead>
<tr>
<th>Day</th>
<th>Lunch</th>
<th>Dinner</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Meatloaf with Mushroom Gravy (11) ♥R</td>
<td>BBQ Chicken Sandwich (32) ♥R</td>
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<td></td>
<td>Pasta Marinara (62) ♥V</td>
<td>Grilled Vegetable Sandwich (36) ♥♥V</td>
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<td></td>
<td>Mediterranean Salad (19) ♥</td>
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<tr>
<td>Tuesday</td>
<td>Turkey Tetrazzini (42) ♥R</td>
<td>Baked Ziti (61) ♥</td>
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<td>Grilled Chicken Caesar Salad (8) ♥R</td>
<td>Grilled Chicken (1) ♥R</td>
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<td>Whitefish with Lemon Butter (1) ♥R</td>
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<tr>
<td>Wednesday</td>
<td>Chicken Pot Pie over Rice (22) ♥R</td>
<td>Salmon with Lemon Butter (1) ♥R</td>
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<td>Pot Roast (3), ♥R</td>
<td>Grilled Chicken (1) ♥R</td>
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<tr>
<td>Thursday</td>
<td>Hamburger (17) ♥R</td>
<td>Roast Turkey (6) ♥R</td>
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<td>Turkey Submarine Sandwich (28) ♥R</td>
<td>Whitefish with Lemon Butter (1) ♥R</td>
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<tr>
<td>Friday</td>
<td>Cajun Catfish (2) ♥R</td>
<td>Teriyaki Whitefish (13) ♥R</td>
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<td></td>
<td>Santa Fe Salad (32) ♥♥V</td>
<td>Pasta with Marinara Sauce (62) ♥♥</td>
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<td>Chicken Parmesan (15) ♥</td>
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<tr>
<td>Saturday</td>
<td>Pot Roast (3) ♥R</td>
<td>Lemon Chicken (10) ♥R</td>
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<tr>
<td></td>
<td>Teriyaki Chicken (20) ♥R</td>
<td>Salmon with Lemon Butter (1) ♥R</td>
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<tr>
<td>Sunday</td>
<td>Whitefish with Lemon Butter (1) ♥R</td>
<td>Hamburger (17) ♥R</td>
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<tr>
<td></td>
<td>Craisin Chicken Salad Pita Sandwich (26) ♥R</td>
<td>Smothered Chicken (5) ♥R</td>
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</tbody>
</table>

See back of menu for additional options.

Condiments available upon request.
### Lunch and Dinner A la Carte Items

#### Vegetables
- Corn (24) R
- Carrots (8) R
- Broccoli (6)
- Green Beans (5) R
- Side Salad (2) ♥♥♥♥
- Roasted Garlic Cauliflower (4) ♥♥
- Broccoli Florets (6) ♥♥
- Roasted Brussel Sprouts (9) ♥♥
- Roasted Vegetables (8) ♥♥
- Vegan Mustard Greens (4) ♥♥
- Roasted Vegetables (8) ♥♥
- Green Beans (5) ♥♥ R

#### Starches
- Mashed Potatoes (16) ♥
- Buttered Noodles (40) ♥♥
- Beef Gravy (4) R
- Chicken Gravy (5) R
- Rice (17) R
- Mashed Sweet Potatoes (28) ♥♥
- Mashed Potatoes (15) ♥♥
- Brown Rice (27) ♥♥♥
- Buttered Noodles (40) ♥♥♥
- Roasted Red Potatoes (24) ♥♥
- Fluffy Rice (17) ♥♥♥
- Baked Chips (26) ♥♥

#### Desserts
- Blueberry Bar (16) ♥♥
- Strawberry Layer Cake (14) ♥♥
- Angel Food Cake (28) ♥♥
- Pound Cake (34) R
- Sugar Cookie (19) R
- Sugar Free Gelatin (0): Orange ♥♥
- Vanilla Pudding Parfait (24) ♥
- Vanilla Ice Cream (31)
- Chocolate Ice Cream (31)
- Italian Ice (18): Cherry, Orange, Lemon ♥♥ R

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