### Lunch and Dinner A la Carte Items

#### Daily Entrées
- Salmon with Lemon Butter (1)
- Roast Turkey with Gravy (6)
- Vegan BBQ Sandwich (41)
- Mixed Green & Chick’n Chunk Salad (32)
- Grilled Vegetable Sandwich (36)
- Grilled Vegetables & Hummus Plate (55)
- Oven Baked Chick’n Nuggets (22)
- Grilled Cheese Sandwich (46)
- Mixed Green & Chick’n Chunk Salad (32)
- Grilled Caesar Salad (8)
- Turkey Sandwich (23)

#### Starches
- Mashed Potatoes (15)
- Mashed Sweet Potatoes (28)
- Roasted Red Potatoes (24)
- Buttered Noodles (40)
- Roasted Red Potatoes (24)
- Fluffy Rice (17)
- Baked Chips (26)

#### Vegetables
- Corn (24)
- Carrots (8)
- Broccoli (6)
- Green Beans (5)
- Side Salad (2)
- Dressing: Ranch (9) / Caesar (3)
- French (8) / Honey Mustard (19)
- Roasted Garlic Cauliflower (4)
- Roasted Brussel Sprouts (9)
- Roasted Vegetables (8)
- Vegan Mustard Greens (4)
- Roasted Vegetables (8)
- Green Beans (5)

#### Soups
- Chicken Noodle (6)
- Broth (1): Chicken / Beef / Vegetable
- Cream of Mushroom (8)
- Minestrone (12)
- Cream of Tomato (11)
- Chicken Noodle (6)
- Roasted Corn Chowder (15)
- Cream of Mushroom (8)
- Creamy Lemon Chicken Rice (10)

#### Starches
- Mac and Cheese (16)
- Rice (17)
- Goldfish (27)
- Baked Chips (26)

#### Vegetables
- Gelatin (18)
- Pudding (26)
- Italian Ice (18)
- Ice Cream (31)
- Pound Cake (34)
- Blueberry Bar (16)
- Strawberry Layer Cake (14)
- Chocolate Chip Cookie (26)

#### Desserts
- Sugar Free Gelatin (0)
- Angel Food Cake (28)
- Vanilla Frozen Yogurt (29)
- Strawberry Layer Cake (14)
- Chocolate Chip Cookie (26)

### Customizing 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.

Our kitchen is closed between 9:30 - 10:30 a.m. and 2:30 - 3:30 p.m. for deep cleaning and preparation for the next meal service. Thank you for your cooperation.

**Please note:** The ordering process may differ from unit to unit.

Guest trays are available for $10 per meal (credit card only).

**If you are on insulin your physician would like you to place your orders no later than:**
- 7:30 a.m. for Breakfast
- 12:30 p.m. for Lunch
- 5:30 p.m. for Dinner

If you receive blood sugar checks, please contact your nurse after you place your order. Alert our staff of any food allergies and food preferences you may have.
Breakfast

**Breakfast Entrées**

**Monday**
- French Toast (35)
- Cinnamon Roll (26)
- Mini Breakfast Burrito (24)

**Tuesday**
- Pancakes (25)
- Overnight Oats (35)
- Denver Scrambler (1)

**Wednesday**
- Yogurt Parfait (27)
- Breakfast Sandwich (28)
- Bacon Vegetable Frittata (1)

**Thursday**
- Cheesy Grits (21)
- French Toast Sticks (33)
- Chilaquiles (8)

**Friday**
- Spinach Egg White Frittata (1)
- Biscuit and Gravy (26)
- Apple Strudel (15)

**Saturday**
- Blueberry Crepes (20)
- Mediterranean Frittata (1)

**Sunday**
- Home Fried Potatoes (21)
- Blueberry Sauce (11)
- Whipped Topping (2)
- Syrup (29)/ SF Syrup (4)

**Daily**
- Oatmeal (13)
- Grits (20)
- Cheerios® (14)

**Cereal ♥V**
- Corn Flakes (18)
- Rice Krispies® (16)
- Raisin Bran® (27)

**Fruit ♥V**
- Applesauce (12)
- Stewed Prunes (24)
- Watermelon (8)
- Fresh Fruit Cup (10-25)
- Banana (29)

**Beverages**
- Coffee, Decaf Coffee, Tea, Herbal Tea, Iced Tea
- Hot Chocolate (25)
- Diet Hot Chocolate (12)

**Milk**
- Whole (11), 2% (11), Skim (11)
- Chocolate (20), Soy (19), Lactaid (11)

**Juices ♥V**
- Orange (11), Prune (20), Apple (13), Cranberry (15), Grape (17), Lemonade (12)

**Proteins**
- Hard Cooked Egg (0)
- Cottage Cheese (3)
- Yogurt: Vanilla (23), Blueberry (14), Strawberry (14)
- String Cheese (1)

**Dairy ♥V**
- Scrambled Eggs (0)
- Breakfast Sandwich (32)
- Chicken Sausage (0)
- Pork Sausage (0)
- Bacon (0)

**Bakery ♥**
- French Toast (35)
- Blueberry Muffin (29)
- White/Wheat Toast (15)
- White/Wheat Bread (15)
- Graham Crackers (11)

- Mini Bagel (15)
- Dinner Roll (18)
- Saltine Crackers (4)
- Apple Strudel (15)

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

**Monday**
- Meatloaf with Gravy (15)
- Pesto Cavatappi Pasta (44)
- Mediterranean Salad (19)

**Tuesday**
- Turkey Tetrazzini (43)
- Pot Roast with Gravy (3)
- Chopped Salad (28)

**Wednesday**
- Chicken Pot Pie over Biscuit (35) or Rice (22)
- Beef Lasagna (24)
- Tuna Nicoise Salad (29)

**Thursday**
- RUSH Club Burger (45)
- Chicken Tinga (44)
- Turkey Submarine Sandwich (28)

**Friday**
- Cajun Catfish (2)
- Santa Fe Salad (32)
- Chicken Parmesan (17)

**Saturday**
- Pot Roast (3)
- Teriyaki Chicken (20)
- Eggplant Parmesan (35)

**Sunday**
- Cheese Ravioli (32)
- Vegetarian Sweet Chili Meatballs (33)
- Cranberry Salad Pita Sandwich (26)

**Dinner**
- BBQ Chicken Sandwich (32)
- Stuffed Green Peppers (24)
- Grilled Vegetable Sandwich (36)

- Baked Ziti (57)
- Grilled Chicken (1)
- Chef Salad (10)

- Italian Beef Sandwich (26)
- California Turkey Burger (34)
- Fresh Fruit and Cottage Cheese Plate (38)

- Roast Turkey with Gravy (6)
- Meatloaf with Gravy (3)
- Trio Salad Platter (14)

- Swedish Meatballs (9)
- Teriyaki Whitefish (8)
- Cobb Salad (13)

- Lemon Chicken (1)
- Salisbury Steak (12)
- Fresh Fruit & Cottage Cheese Plate (38)

- Mini Meatball Slider (32)
- Oven Fried Chicken (20)
- Mandarin Chicken Salad (12)

**Condiments available upon request.**

See back of menu for additional options.