



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 personal preferences and food allergy needs. We look forward to serving you.



Please refer to the Rush MyDining sign posted in your room for when to place your meal order.

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.

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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

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**12:30 p.m.** for Lunch

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**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

### Cereal ♥V

Cheerios (12)  
Raisin Bran (27)  
Corn Flakes (18)  
Rice Krispies (16)

Instant Oatmeal (15) ♥  
Wrapped Bagel (30)  
**Yogurt:** ♥ Blueberry (14),  
Strawberry (14), Vanilla (23)  
String Cheese (0)

### Breakfast Entrées

French Toast, Potatoes and Apples (63)  
Pancakes with Fruit Compote and Scrambled Eggs (79)  
Cheese Omelet with Peppers and Potatoes (21)  
Scrambled Eggs with Peaches and Potatoes (52)



## Lunch/Dinner

### Starters

Chicken Noodle Soup (13)  
Saltine Crackers (4) ♥♥  
Graham Crackers (11) ♥♥  
String Cheese (0)

### Entrées

Herbed Chicken Leg Dinner (63) ♥  
Meatloaf Dinner (35)  
Lake Superior Whitefish Dinner (29) ♥  
Turkey Breast Dinner (26) ♥  
Macaroni & Cheese Dinner (35)

Condiments  
available  
upon request.

### Fruit ♥V

Apple (20)  
Banana (35)  
Orange (18)  
Applesauce (12)  
Diced Peaches (14)  
Diced Pears (19)  
Mandarin Oranges (10)

### Desserts

**Italian Ice** (18): ♥♥  
Cherry, Lemon, Orange  
**Ice Cream** (31):  
Vanilla or Chocolate

### Beverages

Milk (12)  
**Juice:** ♥♥ Orange, Cranberry,  
Grape, Apple (15)

Some items may be altered to ensure your meals are consistent with the diet your doctor has ordered for you.  
Please ask our call center about the daily specials that meet your dietary needs.