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 your 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 machines.
- 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
Kosher

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

Hot & Hearty (max of one)
- Pancake, Fruit Compote & Scrambled Eggs
- French Toast, Potatoes & Apples
- Scrambled Eggs, Potatoes & Peaches (GF)
- Cheese & Pepper Omelet & Potatoes (D)

Fresh Starts (max of two)
- Banana
- Yogurt (D)
- Blueberry/Strawberry/Vanilla
- Bagel

Cold Cereal
- Cheerios®
- Corn Flakes®
- Rice Krispies®
- Raisin Bran®

Hot Cereal
- Instant Oatmeal

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 Beef
- Chicken Noodle
  Juice:
  Apple/Cranberry/Orange/Grape/Prune

Side Salads & Starters (max of one)
- String Cheese (D)
- Yogurt (D)
  Blueberry/Strawberry/Vanilla

Meals (max of one)
- Macaroni and Cheese Dinner (D)
- Lake Superior Whitefish Dinner (GF)
- Herbed Chicken Leg Dinner (GF)
- Salmon Patty Dinner
- Chicken Breast Dinner
- Turkey Breast Dinner
- Meat Loaf Dinner

Desserts (max of one)
- Marble Yogurt Pound Cake (D)
- Italian Ice: Cherry/Lemon/Orange (GF)
- Ice Cream: Chocolate/Vanilla

Fruit (max of one)
- Seasonal Fruit
  Apple
  Banana
  Orange

Finishing Touches (max of one)
- Bagel
- Corn Bread
- 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.
- “GF” indicates item is Gluten Free; “D” indicates item contains dairy.
- Additionally, please alert our staff of any food allergies you may have.
- All items listed on this menu are Kosher.
- 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.