Dining Guide
Mechanically Altered
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: 24 hours/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: 24 hours/day
Located on the 4th floor of the Atrium building. Offers a variety of bakery, sandwich, salad and soup options

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

Hot & Hearty (max of three)
Buttermilk Pancakes French Toast (Regular or Pureed)
Egg/Cheese Breakfast Sandwich*
Baked farm fresh egg and melted cheddar cheese on toasted English muffin served with roasted salsa on the side.
Scrambled Eggs – Hardboiled Egg
Pureed Scrambled Eggs
Bacon* – Sausage*
Home-Fried Potatoes*
Cottage Cheese
String Cheese*
Juice
Applesauce
Banana – Peach Slices
Stewed Prunes
Yogurt
Blueberry*/Strawberry*/Vanilla

From the Bakery (max of one)
Apple Strudel* – Blueberry Muffin – low fat*
Cappuccino Chocolate Chip Muffin (Regular or Pureed)
White/Whole Wheat Toast* – Bagel* – Pureed Bread

Condiment Corner available at all meals
Note: Some condiments may not be available on your diet
Pepper
Salt
Mrs. Dash*
Sugar
Equal*
Lemon
Creamer
Nondairy Creamer
Honey
Brown Sugar
Syrup
Lite Syrup
Jelly
Sugar Free Jelly
Butter
Margarine
Peanut Butter
Cream Cheese
Lite Cream Cheese
**Daily Additions**

Items below are available 10:30 a.m. – 2:00 p.m. & 4:30 p.m. – 7:30 p.m.

**Side Salads & Starters** (max of two)
- String Cheese*
- Cottage Cheese
- Juice
- Yogurt: Blueberry*/Strawberry*/Vanilla

**Vegetables & Sides** (max of three)
- Chicken or Tuna Salad
- Macaroni & Cheese
- Vesuvio Potatoes
- Whipped Potatoes Plus
- Brown or Chicken Gravy
- White Rice (Regular or Pureed)
- Tater Tots*
- Baked Potato Chips*

**Fruits** (max of one)
- Peach Slices
- Banana
- Mandarin Oranges
- Applesauce
- Watermelon

**Desserts** (max of one)
- Strawberry Shortcake*
- Italian Ice:
  - Cherry/Lemon/Orange
  - Regular & Sugar Free Gelatin
  - Lemon/Strawberry/Raspberry
  - Pudding: Chocolate/Vanilla
  - Vanilla Frozen Yogurt
- Ice Cream: Chocolate/Vanilla

**Finishing Touches** (max of two)
- Dinner Roll** – White/Whole Wheat Bread** – Pureed Bread
- Cappuccino Chocolate Chip Muffin (Regular or Pureed)
- Zucchini Muffin* – Blueberry Muffin*
- Saltine Crackers* – Graham Crackers*

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**Soup**
- Creamy Tomato

**Soup**
- Creamy Mushroom

**Soup**
- Creamy Cheese & Tortilla

**Soup**
- Creamy Chicken Noodle

**Soup**
- Creamy Tomato

**Soup**
- Creamy Mushroom

**Soup**
- Creamy Chicken Rice

**Soup**
- Creamy Chicken Noodle

**Soup**
- Creamy Tomato

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**Entrees**
- Tortilla Tilapia*
- Quartered Hamburger on Bun*
- Old Fashioned Pot Roast*
- Chopped or Ground Pot Roast
  - Chicken Salad
- Pureed Beef, Cod, or Chicken

**Entrees**
- Quartered Cheese Pizza*
- Quartered BBQ Pork Sandwich*
- Teriyaki Salmon
- Chopped or Ground Manicotti
  - Chopped or Ground BBQ Pork
  - Pureed Beef, Cod, or Chicken
- Pureed Chicken, Pork, or BBQ Pork
- Pureed Cheese & Canned Fruit

**Entrees**
- Roast Turkey & Gravy*
- Quartered Cheese Pizza*
- Tuna Salad
- Chop or Ground Turkey
  - Pureed Turkey, Beef, or Macaroni & Cheese
  - Pureed Beef, Cod, or Chicken
  - Pureed Cheese & Canned Fruit

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  - Pureed Turkey, Beef, or Macaroni & Cheese
  - Pureed Beef, Cod, or Chicken
  - Pureed Cheese & Canned Fruit

**Entrees**
- Chopped or Ground Manicotti
  - Chopped or Ground BBQ Pork
  - Pureed Beef, Cod, or Chicken
  - Pureed Cheese & Canned Fruit

**Entrees**
- Teriyaki Salmon
- Chopped or Ground Manicotti
  - Chopped or Ground BBQ Pork
  - Pureed Beef, Cod, or Chicken
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**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 and diet consistency your doctor has ordered for you.**

**Additionally, please alert our staff of any food allergies you may have.**

**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.**

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**Beverage options available on Menu Form**