### Lunch and Dinner A la Carte Items

#### Daily Entrées
- **Salmon with Lemon Butter (1)**
- **Vegan BBQ Sandwich (4)**
- **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)**
- **Grilled Caesar Salad (8)**
- **Turkey Sandwich (23)**
- **Pasta Marinara (62)**
- **Corn (24)**
- **Carrots (8)**
- **Broccoli (6)**
- **Green Beans (5)**
- **Side Salad (2)**
- **Dressing**: Ranch (9), Caesar (3), Italian (2), Balsamic (0)
- **Red Wine Vinaigrette (3)**
- **Monday**: Mashed Sweet Potatoes (28)
- **Tuesday**: Mashed Potatoes (15)
- **Wednesday**: Roasted Red Potatoes (24)
- **Thursday**: Buttered Noodles (40)
- **Friday**: Roasted Red Potatoes (24)
- **Saturday**: Fluffy Rice (17)
- **Sunday**: Baked Chips (26)

#### Starches
- **Mashed Potatoes (15)**
- **Brown Rice (26)**
- **Mac and Cheese (16)**
- **Rice (17)**
- **Goldfish (27)**
- **Baked Chips (26)**
- **Monday**: Mashed Sweet Potatoes (28)
- **Tuesday**: Mashed Potatoes (15)
- **Wednesday**: Roasted Red Potatoes (24)
- **Thursday**: Buttered Noodles (40)
- **Friday**: Roasted Red Potatoes (24)
- **Saturday**: Fluffy Rice (17)
- **Sunday**: Baked Chips (26)

#### Vegetables
- **Corn (24)**
- **Carrots (8)**
- **Broccoli (6)**
- **Green Beans (5)**
- **Monday**: Roasted Garlic Cauliflower (4)
- **Tuesday**: Broccoli Florets (6)
- **Wednesday**: Roasted Brussel Sprouts (9)
- **Thursday**: Roasted Vegetables (8)
- **Friday**: Vegan Mustard Greens (4)
- **Saturday**: Roasted Vegetables (8)
- **Sunday**: Green Beans (5)

#### Desserts
- **Gelatin (18)**
- **Pudding (26)**
- **Italian Ice (18)**
- **Ice Cream (31)**
- **Brownie (53)**
- **Monday**: Blueberry Bar (16)
- **Tuesday**: Broccoli Florets (6)
- **Wednesday**: Strawberry Layer Cake (14)
- **Thursday**: Sugar Cookie (19)
- **Friday**: Apple Pie (62)
- **Saturday**: Vanilla Pudding Parfait (24)
- **Sunday**: Strawberry Layer Cake (14)

#### Soups
- **Chicken Noodle (6)**
- **Broth**: Chicken / Beef / Vegetable
- **Monday**: Cream of Mushroom (8)
- **Tuesday**: Minestrone (12)
- **Wednesday**: Cream of Tomato (11)
- **Thursday**: Chicken Noodle (6)
- **Friday**: Roasted Corn Chowder (15)
- **Saturday**: Cream of Mushroom (8)
- **Sunday**: Creamy Lemon Chicken Rice (10)

#### Side Salad (2)
- **Dressing**: Ranch (9), Caesar (3), Italian (2), Balsamic (0)
- **Red Wine Vinaigrette (3)**

#### 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 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.

**Please place your orders before:**
- 7 p.m. the night before for Breakfast
- 9 a.m. for Lunch
- 3 p.m. for Dinner

**Please select only one entrée and up to three sides per meal.**
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 Bake (25) ♥
- Chilaquiles (8)

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

**Saturday**
- Scrambled Eggs (0) ♥
- Cheese Blintz (29)

**Sunday**
- Blueberry Crepes (20) ♥
- Mediterranean Frittata (1)

**Daily**
- Home Fried Potatoes (21)
- Blueberry Sauce (11) ♥
- Strawberry Sauce (7) ♥
- Whipped Topping (2) ♥
- ☀️ Syrup (29)/ SF Syrup (4)

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Lunch and Dinner Features

**Monday**
- Meatloaf with Mushroom Gravy (11) ♥
- Pasta Marinara (12) ♥
- 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) ♥
- 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) ♥
- Craisin Chicken Salad Pita Sandwich (26) ♥

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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.

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See back of menu for additional options.
## Breakfast

### Cereal
- Corn Flakes (18)
- Rice Krispies® (16)
- Raisin Bran® (27)

### Fruit
- Stewed Prunes (24)
- Watermelon (8)
- Fresh Fruit Cup (10-25)
- Banana (29)

### Beverages
- Coffee, Decaf Coffee, Tea, Herbal Tea, Iced Tea, Hot Chocolate (25)
- Milk: Whole (11), 2% (11), Skim (11)
- Juice: Orange (11), Cranberry (15), Apple (13), Cranberry (15), Grape (17), Lemonade (12)
- Diet Lemonade (1), Fruit Punch (1), Diet Fruit Punch (1)

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

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

### Bakery
- French Toast (35)
- Blueberry Muffin (29)
- White/Wheat Toast (15)
- Saltine Crackers (4)
- Apple Strudel (15)

### Breakfast Entrées

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
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</thead>
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<td>Blueberry Crepes (20)</td>
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### Breakfast

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

#### Lunch
- Meatloaf with Mushroom Gravy (11)
- Pasta Marinara (62)
- Mediterranean Salad (19)

#### Dinner
- BBQ Chicken Sandwich (32)
- Grilled Vegetable Sandwich (36)

#### Monday
- Turkey Tetrazzini (43)
- Pasta Marinara (62)
- Mediterranean Salad (19)

#### Tuesday
- Chicken Pot Pie over Biscuit (35) or Rice (22)
- Lasagna (24)
- Tuna Nicoise Salad (29)

#### Wednesday
- Chicken Pot Pie over Biscuit (35) or Rice (22)
- 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)
- Craisin Chicken Salad Pita Sandwich (26)

### Condiments
- available upon request.
Daily Entrées

Salmon with Lemon Butter (1) ♥
Vegan BBQ Sandwich (4) ♥
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)
Grilled Caesar Salad (8) ♥
Turkey Sandwich (23) ♥
Pasta Marinara (62) ♥

Starches

Mashed Potatoes (15) ♥
Mashed Sweet Potatoes (28) ♥
Beef Gravy (4) ♥
Chicken Gravy (5) ♥
Buttered Noodles (38) ♥
Brown Rice (26) ♥
Mac and Cheese (16) ♥
Rice (17) ♥
Goldfish (27) ♥
Baked Chips (26) ♥

Vegetables

Corn (24) ♥
Carrots (8) ♥
Broccoli (6) ♥
Green Beans (5) ♥
Side Salad (2)
Dressing: Ranch (9) ♥ / Caesar (3)
Italian (2) ♥ / Balsamic (0) ♥
French (8) / Honey Mustard (19) ♥
Red Wine Vinaigrette (3) ♥

Soups

Chicken Noodle (6) ♥
Broth (1) ♥: Chicken / Beef / Vegetable

Monday Cream of Mushroom (8) ♥
Tuesday Minestrone (12) ♥
Wednesday Cream of Tomato (11) ♥
Thursday Chicken Noodle (6)
Friday Roasted Corn Chowder (15)
Saturday Cream of Mushroom (8) ♥
Sunday Creamy Lemon Chicken Rice (10) ♥

Desserts

Gelatin (18) ♥
Pudding (26) ♥
Italian Ice (18) ♥
Ice Cream (31)
Brownie (53)
Pound Cake (34)
Sugar Free Gelatin (0) ♥
Angel Food Cake (28) ♥
Strawberry Layer Cake (14) ♥
Chocolate Chip Cookie (26)

Monday Blueberry Bar (16) ♥
Tuesday Apple Pie (62)
Wednesday Strawberry Layer Cake (14) ♥
Thursday Sugar Cookie (19)
Friday Apple Pie (62)
Saturday Vanilla Pudding Parfait (24) ♥
Sunday Strawberry Layer Cake (14) ♥

MyDining GEN092023

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.

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