



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

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.

Breakfast

(#) = Grams of Carbohydrate ♥ = Heart Healthy 🌿 = Vegetarian V = Vegan

Daily

Cereal ♥V

Oatmeal (13)	Corn Flakes (18)
Grits (20)	Rice Krispies® (16)
Cheerios® (14)	Raisin Bran® (27)

Fruit ♥V

Applesauce (12)	Stewed Prunes (24)
Diced Peaches (14)	Watermelon (8)
Diced Pears (21)	Fresh Fruit Cup (10-25)
Oranges (10-22)	Banana (29)
Apple (20)	

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)

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

Diet Lemonade (1)♥♥, Fruit Punch (17)♥♥, Diet Fruit Punch (1)♥♥

Proteins

Hard Cooked Egg (0) ♥

Scrambled Eggs (0) ♥

Breakfast Sandwich (32)

Chicken Sausage (0) ♥

Pork Sausage (0)

Bacon (0)

Dairy ♥🌿

Cottage Cheese (3)

Yogurt: Vanilla (23), Blueberry (14), Strawberry (14)

String Cheese (1)

Bakery 🌿

French Toast (35) ♥	Mini Bagel (15) ♥
Blueberry Muffin (29) ♥	Dinner Roll (18) ♥♥
White/Wheat Toast (15) ♥♥	Saltine Crackers (4) ♥♥
White/Wheat Bread (15) ♥♥	Apple Strudel (15)
Graham Crackers (11) ♥♥	

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)

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

Dinner

Monday

Meatloaf with Mushroom Gravy (11) ♥
Pasta Marinara (62) ♥♥
Mediterranean Salad (19) ♥♥

BBQ Chicken Sandwich (32) ♥
Stuffed Green Peppers (24) ♥
Grilled Vegetable Sandwich (36) ♥♥

Tuesday

Turkey Tetrazzini (43)
Pot Roast with Gravy (3) ♥
Chopped Salad (28)

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

Wednesday

Chicken Pot Pie over Biscuit (35) or Rice (22) ♥
Lasagna (24)
Tuna Niçoise Salad (29) ♥

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

Thursday

RUSH Club Burger (45)
Chicken Tinga (44)
Turkey Submarine Sandwich (28) ♥

Roast Turkey with Gravy (6) ♥
Meatloaf with Mushroom Gravy (11) ♥
Trio Salad Platter (14)

Friday

Cajun Catfish (2) ♥
Santa Fe Salad (32) ♥♥
Chicken Parmesan (17) ♥

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

Saturday

Pot Roast (3) ♥
Teriyaki Chicken (20) ♥
Eggplant Parmesan (35) ♥♥

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

Sunday

Cheese Ravioli (32) ♥
Vegetarian Sweet Chili Meatballs (33) ♥♥♥
Craisin Chicken Salad Pita Sandwich (26) ♥

Mini Meatball Slider (32)
Smothered Chicken (5) ♥
Mandarin Chicken Salad (12) ♥

Condiments
available
upon request.



See back
of menu for
additional
options.

Lunch and Dinner A la Carte Items

(#) = Grams of Carbohydrate ♥ = Heart Healthy 🌿 = Vegetarian V = Vegan



Daily Entrées

Salmon with Lemon Butter (1) ♥	Vegan Pizza (30) ♥♥
Vegan BBQ Sandwich (41) ♥♥	Cheese Pizza (27) 🌿
Mixed Green & Chick'n Chunk Salad (32) ♥♥	Hot Dog (29)
Grilled Vegetable Sandwich (36) ♥♥	Cheese Burger (18)
Grilled Vegetables & Hummus Plate (55) ♥♥	Chicken Tenders (16)
Oven Baked Chick'n Nuggets (22) V 🌿	Hamburger (17) ♥
Grilled Cheese Sandwich (46) 🌿	Veggie Burger (41) ♥♥
Grilled Caesar Salad (8) ♥	Grilled Chicken (1) ♥
Turkey Sandwich (23) ♥	Pot Roast (3) ♥
Pasta Marinara (62) ♥♥	

Starches

Mashed Potatoes (15) ♥ 🌿	Brown Rice (26) ♥ 🌿
Beef Gravy (4) ♥	Mac and Cheese (16) 🌿
Chicken Gravy (5) ♥	Rice (17) ♥ 🌿
Buttered Noodles (38) ♥ 🌿	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) ♥	Side Salad (2)
Carrots (8) ♥	Dressing: Ranch (9) ♥ / Caesar (3)
Broccoli (6) ♥	Italian (2) ♥ / Balsamic (0) ♥
Green Beans (5) ♥	French (8) / Honey Mustard (19) ♥
	Red Wine Vinaigrette (3) ♥

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) ♥♥

Soups

Chicken Noodle (6) ♥

Broth (1) ♥: Chicken / Beef / Vegetable 🌿

Monday Cream of Mushroom (8) ♥ 🌿

Tuesday Minestrone (12) ♥ 🌿 V

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