Lunch and Dinner A la Carte Items

Vegetables
- Corn (24) R
- Carrots (8) R
- Broccoli (6)
- Green Beans (5) R

Monday - Roasted Garlic Cauliflower (4) V
Tuesday - Broccoli Florets (6) V
Wednesday - Roasted Brussel Sprouts (9) V
Thursday - Roasted Vegetables (8) V
Friday - Vegan Mustard Greens (4) V
Saturday - Roasted Vegetables (8) V
Sunday - Green Beans (5) V R

Starches
- Mashed Potatoes (16) M
- Buttered Noodles (40) M
- Beef Gravy (4) M
- Rice (17) M

Monday - Mashed Sweet Potatoes (28) M
Tuesday - Mashed Potatoes (15) M
Wednesday - Brown Rice (27) M
Thursday - Buttered Noodles (40) M
Friday - Roasted Red Potatoes (24) M
Saturday - Fluffy Rice (17) M
Sunday - Baked Chips (26) M

Desserts
- Strawberry Layer Cake (14) M R
- Brownie (53)
- Angel Food Cake (28) M R
- Pound Cake (34) R
- Gelatin (18) M
- Sugar Free Gelatin (0): Orange M
- Vanilla Pudding Parfait (24) M

Monday - Blueberry Bar (16) M R
Wednesday - Strawberry Layer Cake (14) M
Thursday - Sugar Cookie (19) R
Saturday - Vanilla Pudding Parfait (24) M
Sunday - Strawberry Layer Cake (14) M R

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.

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 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.

Please note: The ordering process may differ from unit to unit.
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
- 12:30 p.m. for Lunch
- 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

**Breakfast Entrées**

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Meatloaf (7)</td>
<td>Pesto Cavatappi Pasta (44)</td>
<td>Turkey Tetrazzini (42)</td>
<td>Chicken Pot Pie over Rice (22)</td>
<td>Cheesy Grits (21)</td>
<td>French Toast (35)</td>
<td>Blueberry Crepes (20)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Grilled Chicken Caesar Salad (8)</td>
<td>Hamburger (17)</td>
<td>French Toast Sticks (33)</td>
<td></td>
<td>Mediterranean Frittata (1)</td>
</tr>
<tr>
<td></td>
<td>BBQ Chicken Sandwich (32)</td>
<td></td>
<td></td>
<td>Roast Turkey (6)</td>
<td>Spinach Egg White Frittata (1)</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Apple Strudel (15)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

### Fruit
- Applesauce (12)  
- Diced Peaches (14)  
- Diced Pears (21)  
- Oranges (10-22)  
- 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 (30), Soy (19)  
- Lactaid (11)  
- Juices: Orange (11), Prune (20), Apple (13)  
- Cranberry (16), Grape (17)  
- Lemonade (12)  
- Diet Lemonade (1), Fruit Punch (15), Diet Fruit Punch (1)

### Proteins
- Hard Cooked Egg (0)  
- Scrambled Eggs (0)  
- Yogurt: Vanilla (23), Blueberry (14), Strawberry (14)

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

### Dairy
- Milk: Whole (11), 2% (11), Skim (11)  
- Chocolate (30), Soy (19)  
- Lactaid (11)  
- Yogurt: Vanilla (23), Blueberry (14), Strawberry (14)

### Oatmeal (13)
- Corn Flakes (18)  
- Rice Krispies® (16)  
- Raisin Bran® (27)

### 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.
# Breakfast

**Breakfast Entrées**

**Monday**
- French Toast (35) 🍁.factor
- Mini Breakfast Burrito (24) 🍁.factor

**Tuesday**
- Pancakes (25) 🍁.factor
- Overnight Oats (35) 🍁.factor

**Wednesday**
- Yogurt Parfait (27) 🍁
- Roasted Vegetable Frittata (2) 🍁

**Thursday**
- Cheesy Grits (21) 🍁.factor
- French Toast Sticks (33) 🍁.factor

**Friday**
- Spinach Egg White Frittata (1) 🍁.factor
- Apple Strudel (15)

**Saturday**
- French Toast (35) 🍁.factor
- Scrambled Eggs (0) 🍁.factor

**Sunday**
- Blueberry Crepes (20) 🍁.factor
- Mediterranean Frittata (1) 🍁.factor

## Daily
- Blueberry Sauce (1) 🍁
- Strawberry Sauce (7) 🍁
- Whipped Topping (2) 🍁
- Syrup (28) / SF Syrup (4) 🍁

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**Condiments**

Available upon request.

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**Bakery**

- Apple Strudel (15) 🍁
- French Toast (35) 🍁
- Blueberry Muffin (29) 🍁
- Mini Bagel (15) 🍁
- White Toast (15) 🍁
- Wheat Toast (15) 🍁

- White Bread (15) 🍁
- Wheat Bread (15) 🍁
- Dinner Roll (18) 🍁
- Saltine Crackers (4) 🍁
- Graham Crackers (11) 🍁

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<thead>
<tr>
<th>Vegetables</th>
<th>Starches</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>(♥) = Grams of Carbohydrate</td>
<td>♥ = Heart Healthy</td>
</tr>
<tr>
<td>Corn (24) R</td>
<td>Side Salad (2) ♥♥♥♥ V Dressing:</td>
</tr>
<tr>
<td>Carrots (8) R</td>
<td>Balsamic (0)</td>
</tr>
<tr>
<td>Broccoli (6)</td>
<td>Honey Mustard (19)</td>
</tr>
<tr>
<td>Green Beans (5) R</td>
<td>Red Wine Vinaigrette (3) R</td>
</tr>
<tr>
<td><strong>Monday</strong> Roasted Garlic Cauliflower (4) ♥♥♥♥</td>
<td><strong>Monday</strong> Mashed Sweet Potatoes (28) ♥♥</td>
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<td><strong>Tuesday</strong> Broccoli Florets (6) ♥♥♥♥</td>
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<td><strong>Wednesday</strong> Roasted Brussels Sprouts (9) ♥♥♥♥</td>
<td><strong>Wednesday</strong> Brown Rice (27) ♥♥♥♥</td>
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<td><strong>Thursday</strong> Roasted Vegetables (8) ♥♥♥♥</td>
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<td><strong>Saturday</strong> Fluffy Rice (17) ♥♥♥♥</td>
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<td><strong>Sunday</strong> Green Beans (5) ♥♥♥♥</td>
<td><strong>Sunday</strong> Baked Chips (26) ♥♥♥♥</td>
</tr>
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</table>

### Daily Entrées ♥
- **Pot Roast** (3) R
- **Hamburger** (17) R
- **Grilled Chicken** (1) ♥ R
- **Turkey Sandwich** (8) R
- **Grilled Chicken Caesar Salad** (8) R
- **Salmon with Lemon Butter** (1) R
- **Whitefish with Choice of Sauce:**
  - Lemon Butter (1)
  - Teriyaki (13)
- **Vegan BBQ Sandwich**♥♥
- **Vegan Pizza**♥
- **Grilled Vegetable Sandwich** ♥♥

### Desserts
- **Strawberry Layer Cake** (14) ♥ R
- **Brownie** (53)
- **Angel Food Cake** (28) ♥♥
- **Pound Cake** (34) R
- **Gelatin** (18) R
- **Sugar Free Gelatin** (0): Orange ♥ R
- **Vanilla Frozen Yogurt** (29) ♥
- **Vanilla Ice Cream** (31)
- **Chocolate Ice Cream** (31)
- **Italian Ice** (18): Cherry, Orange, Lemon ♥♥ R

### Starches ♥
- **Mashed Potatoes** (16) ♥
- **Beef Gravy** (4) R
- **Buttered Noodles** (40) ♥♥♥♥
- **Chicken Gravy** (5) R
- **Rice** (17) R

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