Gluten Friendly Menu

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 personal preferences and food allergy needs. 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 3:00 - 4:00 p.m. for deep cleaning and preparation for the next meal service. Thank you for your cooperation.

Guest Trays 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:

7:00 p.m. the night before for Breakfast
9:00 a.m. for Lunch
3:00 p.m. for Dinner

Alert our staff of any food allergies and food preferences you may have.
### Breakfast

- Scrambled Eggs (0)
- Hard Cooked Egg (0)
- Bacon (0)
- Turkey Sausage (0)
- Cottage Cheese (4)
- String Cheese (0)
- Breakfast Sandwich (15)
- Grits (20)
- Rice Chex (17)
- Cheerios (12)
- White Bread (13)
- Blueberry Muffin (47)

### Lunch/Dinner

#### Starters

- **Broth** (1):
  - Chicken / Beef / Vegetable
  - Mixed Green Salad (1)

#### Fruit

- Seasonal Fruit Cup (11)
- Watermelon Cubes (9)
- Apple (20)
- Red Grapes (20)
- Banana (35)
- Applesauce (12)
- Diced Peaches (14)
- Diced Pears (19)
- Mandarin Oranges (10)

#### Entrées

- Pasta Marinara (56)
- Grilled Vegetable and Hummus Plate (55)
- Hamburger (30)
- Cheeseburger (35)
- Baked Chicken (1)
- Cheese Pizza (32)
- Salmon with Lemon Butter (1)
- Whitefish w/Lemon Butter (1)
- Chicken Tenders (10)
- Grilled Chicken Salad (11)
- Grilled Cheese Sandwich (24)
- Turkey Sandwich (31)

#### Vegetables and Starches

- Green Beans (5)
- Carrots (8)
- Corn (22)
- Broccoli (6)
- Whipped Potatoes (15)
- Fluffy Rice (17)
- Baked Potato Chips (26)
- Dinner Roll (15)
- White Bread (13)

#### Beverages

- Coffee, Decaf Coffee
- Tea, Herbal Tea, Iced Tea
- **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)

#### Desserts

- Gelatin (18)
- Sugar Free Gelatin (0)
- Italian Ice (18)
- Chocolate Brownie (50)
- Chocolate Chip Cookie (39)

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Some items may be altered to ensure your meals are consistent with the diet your doctor has ordered for you. Please ask our call center about the daily specials that meet your dietary needs.
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Breakfast

Cereal ♥ V
Cheerios (12)
Raisin Bran (27)
Corn Flakes (18)
Rice Krispies (16)

Instant Oatmeal (15) ♥
Wrapped Bagel (30)
Yogurt: ♥ Blueberry (14),
Strawberry (14), Vanilla (23)
String Cheese (0)

Breakfast Entrées
French Toast, Potatoes and Apples (63)
Pancakes with Fruit Compote and Scrambled Eggs (79)
Cheese Omelet with Peppers and Potatoes (21)
Scrambled Eggs with Peaches and Potatoes (52)

Lunch/Dinner

Starters
Chicken Noodle Soup (13)
Saltine Crackers (4) ♥ V
Graham Crackers (11) ♥ V
String Cheese (0)

Entrées
Herbed Chicken Leg Dinner (63) ♥
Meatloaf Dinner (35)
Lake Superior Whitefish Dinner (29) ♥
Turkey Breast Dinner (26) ♥
Macaroni & Cheese Dinner (35)

Desserts

Italian Ice (18): ♥ V
Cherry, Lemon, Orange
Ice Cream (31):
Vanilla or Chocolate

Beverages
Milk (12)
Juice: ♥ V Orange, Cranberry,
Grape, Apple (15)

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(#{}) = Grams of Carbohydrate  ♥ = Heart Healthy  ✿ = Vegetarian  V = Vegan
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Pureed Cheese Omelet (XX)
Pureed French Toast (XX) ★
Pureed Waffle (XX) ★
French Toast (35) ★ Dysphagia Only

Starters

Pureed Soup of the Day (8-17)

Fruit ★

Applesauce (12)
Pureed Peaches (20)
Pureed Pears (16)
Pureed Mixed Berries (23)
Diced Peaches (14) Dysphagia Only
Diced Pears (19) Dysphagia Only

Pureed Entrées

Pureed Macaroni & Cheese (16) ★
Pureed Beef Lasagna (8)

Starches and Sides ★

Mashed Potatoes Plus (15)
Pureed Corn (23)
Pureed Green Beans (10)
Pureed Carrots (17)
Pureed Peas (19)
Pureed Bread (14)

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