



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)

Condiments  
available  
upon request.

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.