

## Breakfast

Items below are available 6:30 a.m. to 10:00 a.m.

### Hot & Hearty (max of three)

Buttermilk Pancakes ♥ (2) R      French Toast ♥ (2) R

#### Breakfast Egg Sandwich (2)

Baked farm fresh egg, bacon and melted cheddar cheese on toasted English muffin served with roasted salsa on the side.

Breakfast Egg Sandwich (no cheese or bacon) ♥ (2) R

Scrambled Eggs ♥ R    –    Hardboiled Egg ♥ R

Bacon    –    Sausage

Home-Fried Potatoes (1)

(max of one)

#### Hot Cereal

♥ (1) R

Oatmeal  
Farina  
Grits

Cottage Cheese ♥

String Cheese ♥

Applesauce ♥ (1) R

Fresh Fruit Bowl ♥ (1)

Banana ♥ (2)

Watermelon ♥ (1) R

Peach Slices ♥ (1) R

Stewed Prunes ♥ (1)

Yogurt ♥ (1)

Blueberry/Strawberry/Vanilla  
Nutty Granola (optional) (2)

(max of one)

#### Cold Cereal

♥ (1) R

Cheerios®  
Corn Flakes®  
Rice Krispies®

♥ (2)

Frosted Flakes®  
Raisin Bran®

### From the Bakery (1) (max of one)

Apple Strudel ♥ R      Blueberry Muffin – low fat ♥ R

Cappuccino Chocolate Chip Muffin (2)

White Toast ♥ R    –    Wheat Toast ♥ R

Bagel ♥ R

## Condiment Corner

available at all meals

Note: Some condiments may not be allowed on your diet

Pepper  
Salt  
Mrs. Dash®

Sugar  
Equal®

Lemon  
Creamer  
Nondairy Creamer

Honey  
Brown Sugar  
Syrup  
Lite Syrup  
Jelly  
Sugar Free Jelly

Butter  
Margarine  
Peanut Butter  
Cream Cheese  
Lite Cream Cheese

Dressings: Ranch  
Italian  
House Balsamic

Ketchup  
Mustard  
BBQ Sauce  
Honey Mustard  
Hot Sauce  
Mayonnaise  
Fat Free Mayonnaise  
Tartar Sauce  
Roasted Salsa

## Clear Liquid Diet

Broth: Chicken/Beef/Vegetable

Italian Ice: Lemon/Cherry/Orange

Regular Gelatin

Sugar Free Gelatin

Lemon/Strawberry/Raspberry

Coffee/Decaf Coffee

Hot Tea/Herbal Tea

Iced Tea

Lemonade/Diet Lemonade

Juice: Apple/Cranberry/Grape

## Full Liquid Diet

All clear liquid items available on full liquid diet

Strained Cream Soup

Pudding: Chocolate/Vanilla

Ice Cream: Chocolate/Vanilla

Milk: Skim/2%/Whole/Chocolate/  
Lactaid Milk/Soy Milk

Fruit Punch – Diet Raspberry Punch

Juice: Orange/Prune

## Additional Meal Options for Family & Visitors:

### Visitor Trays

- Between 6:30 a.m. and 6:00 p.m. visitors can arrange to receive a lunch or dinner tray to a patient's room for an additional fee. Meals are charged at the time of service (Credit Card Only).
- With advance notice, you may be able to personalize your menu selections.
- If you contact the central kitchen one hour prior to regular meal service times, we will be happy to serve your tray along with the patient meals.
- If you have any questions or would like to purchase a visitor tray, please call the central kitchen at ext. 2-5200.

**Cafeteria • Hours: 6:30 a.m. – 3:30 p.m.**

**In A Rush • Hours: 6:30 a.m. – 4:30 p.m.**

Open Monday through Friday (excluding holidays)

Located on the 2nd floor in the Armour Academic Center building.

- Offers a wide variety of hot & cold menu items including freshly prepared custom made salads, sandwiches, a rotating build your own station, along with hot soups, desserts and several comfort food items.
- Serves Intelligentsia coffee and many specialty coffee options as well as fresh fruits, homemade baked goods, smoothies and more.

**Vending Machines • Hours: 24 hours/day**

Located throughout the Medical Center.

- Ask unit personnel for directions to the nearest machines.
- The largest vending area is located on the first floor of the Jelke building.

**Au Bon Pain Restaurant • Hours: 24 hours/day**

Located on the 4th floor of the Atrium building. Offers a variety of bakery, sandwich, salad and soup options

This menu along with other useful information about  
Rush Food & Nutrition Department can be viewed at:

[www.rush.edu/fns](http://www.rush.edu/fns)

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# Dining Guide



Good nutrition plays an important role in helping your body get and stay well.

As a patient and guest at Rush,  
you are our  
**#1 priority!**



## Ordering Your Meals at Rush

Our chefs at Rush have developed a menu to not only entice your taste buds but also meet your nutrition needs during your stay.

### Daily Orders

You will be given a menu form to make your selections for Breakfast, Lunch and Dinner the **next day**. Complete and return your form to our staff so we can begin preparation of your personalized meals.

- Some menu items may be altered to ensure your meals are consistent with the diet your doctor has ordered for you.
  - “♥” indicates an item is heart-healthy or that a reduced-fat or reduced-sodium option is available.
  - For Diabetic Patients “(#)” indicates the number of carbohydrate choices an item contains.
    - 1 choice = 15 grams of carbohydrates.
  - “R” indicates an item is available on a renal diet or that a reduced-sodium/potassium option is available.

- Additionally, please alert our staff of any food allergies you may have.

### Missed your meal?

Call the central kitchen at ext. 2-5200.

- Between 6:30 a.m. – 7:30 p.m. our staff will assist you with obtaining a meal.
- After 7:30 p.m. let your nurse know of any immediate nutritional needs.

### Snacks

Snacks are available in the unit nourishment room. If you have any special snack requests please ask your Diet Tech to order them for you.

### Nutrition Counseling

Nutrition Counseling is available to all patients/families while in the hospital. If interested, please let your Diet Tech know or call ext. 2-5200.

Nutrition –  
The Key to Unlocking Good Health







## Lunch & Dinner

Items below are available 10:30 a.m. – 2:00 p.m. & 4:30 p.m. – 7:30 p.m.



### Soups ♥ (max of one)

Old Fashioned Cream of Tomato (1)

Minestrone

Broth: Beef/Chicken/Vegetable

Traditional Chicken Noodle

Cream of Mushroom (1)

### Side Salads & Starters (max of two)

Mixed Greens ♥ R

String Cheese ♥

Chips & Roasted Salsa ♥ (1)

Cottage Cheese ♥

Fresh Fruit Bowl ♥ (1)

Tuna or Chicken Salad

Hummus with Vegetables (1)

Carrot & Celery Sticks w/Ranch ♥ R

Yogurt ♥ (1)

Blueberry/Strawberry/Vanilla Nutty Granola (optional) (2)

### Entrees (max of one)

Oven Baked Chicken Tenders (2)

Tortilla Encrusted Tilapia ♥ (1) R

Meatloaf with Gravy ♥ (1) R

Baked Chicken Quarter ♥ R

BBQ Pulled Pork Sandwich ♥ (2) R

Hamburger ♥ (2) R / Cheeseburger (2)

Baked Manicotti ♥ (2)

Grilled Cheese Sandwich (2)

Personal Rush Cheese Pizza ♥ (2)

Turkey Club Sandwich ♥ (2) R

Grilled Chicken Caesar Salad ♥ (1) R

Cottage Cheese & Fresh Fruit Bowl ♥ (1)

### Vegetables & Sides (max of three)

Grilled Vegetable Medley ♥ (1) R

(Zucchini/Yellow Squash/Sweet Potato/Green Beans)

Carrots ♥

Corn ♥ (1)

Green Beans ♥ R

Mustard Greens ♥

Whipped Potatoes ♥ (1)

Brown Gravy ♥ R Chicken Gravy

White Rice ♥ (1) R

Macaroni & Cheese (1)

Tater Tots (2)

Baked Potato Chips ♥ (2)

Vesuvio Potatoes ♥ (1)

### Desserts (max of one)

Strawberry Shortcake ♥ (1) R

Sweet strawberries and rich whipped topping with a warm sweet biscuit.

Walnut Blondie Bar (3)

Rich cookie bar filled with walnuts and white chocolate chips.

Peach Cobbler (1)

Apple Pie (6)

Chocolate Brownie (4)

Chocolate Chip Cookie (3)

Ice Cream (2)

Chocolate/Vanilla

Regular Gelatin ♥ (1) R

Sugar Free Gelatin ♥ R

Lemon/Strawberry/Raspberry

Confetti Angel Food Cake ♥ (2) R

Chocolate Fudge Cupcake (3)

Vanilla Frozen Yogurt ♥ (2)

Pound Cake ♥ (2) R

Pudding ♥ (2)

Chocolate/Vanilla

Italian Ice ♥ (1) R V

Cherry/Lemon/Orange

### Fruit ♥ (1) V (max of one)

Seasonal Fruit

Apple R

Applesauce R

Banana (2)

Mandarin Oranges

Grapes R

Peach Slices R

Pear Half R

Watermelon R

### Finishing Touches ♥ (1) R (max of two)

White/Whole Wheat Bread

Dinner Roll

Saltine Crackers

Blueberry Muffin – low fat

Zucchini Muffin (2) R

Graham Crackers

## Beverage Corner

available at all meals

Coffee/Decaf Coffee R

Hot Tea/Herbal Tea R

Iced Tea R

Juice ♥ (1)

Orange/Prune

Apple/Cranberry/Grape R

Milk ♥

(0.5):Skim/2%

(1):Whole/

Chocolate/

Soy/

Lactaid Milk

Lemonade ♥ (1) R

Diet Lemonade ♥ R

Fruit Punch ♥ (1) R

Diet Raspberry

Punch ♥ R



## Daily Specials

Items below are available 10:30 a.m. – 2:00 p.m. & 4:30 p.m. – 7:30 p.m.



### Monday

#### Entree

Old Fashioned Pot Roast ♥ (1) R

Slowly braised beef in traditional gravy with celery, carrots, onions and tomato.

#### Dessert

Chocolate Mousse ♥ (1) R

A light, velvety chocolate treat.

### Tuesday

#### Entree

Teriyaki Salmon ♥ R

Farm-raised salmon roasted with teriyaki glaze, garnished with fresh pineapple and slivers of scallion.

#### Dessert

Key Lime Tart (2)

Smooth lime custard baked in a graham cracker crust and finished with rich whipped topping.

### Wednesday

#### Entree

Spinach Lasagna ♥ (2)

Layers of spinach, ricotta and mozzarella cheeses, marinara sauce and fresh lasagna noodles.

#### Dessert

Éclair (2) R

A crispy homemade éclair filled with silky smooth vanilla custard and dipped in chocolate fudge.

### Thursday

#### Entree

Roast Turkey

with Dressing ♥ (2) R

Tender slices of turkey breast served over corn bread sage dressing with our home style gravy.

#### Dessert

Sweet Potato

Bread Pudding ♥ (2)

A tasty twist on a traditional bread pudding drizzled with fresh caramel sauce.

### Friday

#### Entree

Lemon Herb Cod ♥ R

Premium cod seasoned and roasted with fresh basil, parsley, lemon juice and garlic.

#### Dessert

Banana Pudding ♥ (1)

A Southern favorite with fresh bananas and creamy custard.

### Saturday

#### Entree

Pasta Primavera with Grilled Chicken ♥ (3) R

Penne pasta, zucchini, yellow squash, carrots and slivers of sundried tomato cooked in a tomato cream sauce tossed with parmesan cheese.

#### Dessert

Red Velvet Cupcake (2) R

A deep ruby red cupcake with a sweet creamy frosting.

### Sunday

#### Entree

Chicken Pot Pie in Bread Bowl ♥ (2) R

Seared chicken breast cooked in a sage and marjoram gravy with celery, carrots and onion. Served in a bread bowl, garnished with sweet peas.

#### Dessert

Rice Pudding ♥ (2) R

Creamy classic rice custard sprinkled with cinnamon sugar.



• “♥” indicates heart healthy • “(#)” indicates number of carbohydrate choices. The suggested # of choices at each meal is 4. • “R” indicates item is available on a renal diet • Additionally, please alert our staff of any food allergies you may have. • Please note that only one tray per meal is sent to each patient. Additional items are available for purchase by calling 2-5200. • Some items on your menu may be altered to ensure your meals are consistent with the diet your doctor has ordered for you. • Gluten Free; Vegetarian/Vegan; Kosher diets available upon request. • To minimize the risk of foodborne illness, please anticipate that all meat, poultry, seafood, and other cooked foods will be prepared to meet the USDA food safety recommendations. i.e. medium-well done for beef, etc.