

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: 24hrs/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: 24hrs/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**

Dining Guide

Gluten Free



Nutrition – The Key to Unlocking Good Health

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.

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.

Breakfast

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

Hot & Hearty (max of two)

Breakfast Sandwich (2)

Baked farm fresh egg, bacon and melted cheddar cheese on toasted gluten free roll, served with roasted salsa on the side.

Scrambled Eggs ♥ R – Hardboiled Egg ♥ R

Bacon – Sausage

Home-Fried Potatoes (1)

Hot Cereal ♥ (1) R

Grits

Fresh Starts (max of two)

String Cheese ♥

Cottage Cheese ♥

Applesauce ♥ (1) R

Banana ♥ (2)

Peach Slices ♥ (1) R

Stewed Prunes ♥ (1)

White Bread ♥ (1) R

Caramel Rice Cakes ♥ (2) R

Blueberry Muffin (3)

Fresh Fruit Bowl ♥ (1)

Cold Cereal ♥ (1) R

Rice Chex®

Lunch & Dinner

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

Soups/Juices ♥ (max of two)

Broth: Beef/Chicken/Vegetable

Juice ♥ (1)

Orange/Prune Apple/Cranberry/Grape R

Side Salads & Starters (max of three)

Mixed Greens ♥ R – Corn Chips & Salsa ♥ (1)

String Cheese ♥ – Cottage Cheese ♥

Fresh Fruit Bowl ♥ (1)

Carrot & Celery Sticks ♥ R

Hummus w/Vegetables (1)

Entrees (max of one)

Oven Baked Chicken

Chicken Tenders ♥ (2) R

Hummus w/Grilled Vegetables (2)

Pasta w/Marinara Sauce (4)

Baked Chicken Quarter ♥ R

Hamburger (2)/Cheeseburger on Bun ♥ (2) R

Cheese Pizza (2)

Pulled Pork Sandwich on Bun (2)

Grilled Cheese Sandwich (2)

Turkey Club Sandwich on Bread ♥ (2) R

Cottage Cheese & Fresh Fruit Bowl ♥ (1)

Mixed Greens Salad w/Grilled Chicken & Balsamic Dressing ♥ (1) R

Desserts (max of one)

Chocolate Brownie (3)

Chocolate Chip Cookie (3) R

Italian Ice ♥ (1) R: Cherry/Lemon/Orange

Regular Gelatin ♥ (1) R Sugar Free Gelatin ♥ R
Lemon/Strawberry/Raspberry

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

Bread

Dinner Roll

Caramel Rice Cakes (2)

Blueberry Muffin (3)

Vegetables & Sides

(max of three)

Whipped Potatoes ♥ (1)

Vesuvio Potatoes ♥ (1)

Brown Gravy ♥

Chicken Gravy

White Rice ♥ (1) R

Tater Tots (2)

Carrots ♥ – Corn ♥ (1)

Green Beans ♥ R

Baked Potato Chips ♥ (2)

Grilled Vegetable Medley

♥ (1) R:

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

Fruit ♥ (1)

(max of one)

Seasonal Fruit

Apple R

Applesauce R

Banana (2)

Mandarin Oranges

Grapes R

Peach Slices R

Pear Half R

Watermelon R

Condiment & Beverage options available on Menu Form

• "♥" indicates heart healthy • "(#)" indicates number of carbohydrate choices (1 choice = 15 grams of carbohydrate). 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. • Vegetarian/Vegan and Kosher diets available upon request. • All items listed on this menu are Gluten Free • 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.