

Lunch and Dinner A la Carte Items

Low Sodium / Diabetic / Renal




(#) = Grams of Carbohydrate ♥ = Heart Healthy 🌿 = Vegetarian V = Vegan R = Renal



Daily Entrées ♥

- Pot Roast (3) R
- Hamburger (17) R
- Grilled Chicken (1) ♥R
- Turkey Sandwich (23) R
- Grilled Chicken Caesar Salad (8) R
- Pasta Marinara (62) V🌿
- Salmon with Lemon Butter (1) R
- Whitefish with Choice of Sauce: R
- Lemon Butter (1), Teriyaki (13)
- Vegan BBQ Sandwich (30) ♥V
- Vegan Pizza V
- Grilled Vegetable Sandwich V🌿


Place your order, call
ext. 2-3663 (FOOD)
OUTSIDE RUSH
1 (312) 942-3663



Vegetables ♥V🌿

- Corn (24) R
- Carrots (8) R
- Broccoli (6)
- Green Beans (5) R
- Side Salad (2) ♥R🌿V Dressing:
Balsamic (0)
Honey Mustard (19)
Red Wine Vinaigrette (3) 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) ♥VR

Starches ♥

- Mashed Potatoes (16) 🌿
- Buttered Noodles (40) 🌿R
- Fluffy Rice (17) 🌿R
- Beef Gravy (4) R
- Chicken Gravy (5) R
- Brown Rice (26) ♥🌿

- Monday** Mashed Sweet Potatoes (28) ♥🌿
- Tuesday** Mashed Potatoes (15) ♥🌿
- Wednesday** Roasted Red Potatoes (24) ♥🌿
- Thursday** Buttered Noodles (40) ♥R🌿
- Friday** Roasted Red Potatoes (24) ♥🌿
- Saturday** Fluffy Rice (17) ♥R🌿V
- Sunday** Baked Chips (26) ♥🌿

Desserts 🌿

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

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

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 place your orders before:

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

Our kitchen serves a modified menu between 9:30 - 10:30 a.m. and 2:30 - 3:30 p.m. to allow for deep cleaning preparation for the next meal service. Thank you for your cooperation.

- Please alert our staff of any food allergies and food preferences you may have.
- If you receive blood sugar checks, please contact your nurse after you place your order.
- Guest meal trays are available for \$12 per meal. (credit card only)
Please select only one entrée and up to three sides per meal.

Breakfast

Lunch and Dinner Features

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Daily Entrées

Cereal ♥V

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

Fruit ♥V

Applesauce (12) R
Diced Peaches (14) R
Diced Pears (21) R
Oranges (10-22)
Apple (20) R
Stewed Prunes (24)
Watermelon (9) R
Fresh Fruit Cup (10-25)
Banana (29)

Beverages 🌿

VR Coffee, Decaf Coffee, Tea, Herbal Tea, Iced Tea, Hot Chocolate (25) ♥, Diet Hot Chocolate (12) ♥
RMilk: Whole (11), 2% (11), Skim (11) ♥, Chocolate (30), Soy (19) V
Juices ♥V : Orange (11), Prune (20), Apple (13) R, Cranberry (16) R, Grape (17) R, Lemonade (12) R
♥VR Diet Lemonade (1), Fruit Punch (15), Diet Fruit Punch (1)

Proteins ♥🌿R

Hard Cooked Egg (0)
Scrambled Egg Whites (0)

Dairy ♥🌿

Yogurt: Vanilla (23), Blueberry (14), Strawberry (14)

Bakery 🌿R

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

Breakfast Features

Monday French Toast (35) ♥🌿R
Mini Breakfast Burrito (24) ♥R

Tuesday Pancakes (25) ♥🌿R
Overnight Oats (35) ♥🌿R

Wednesday Yogurt Parfait (27) 🌿
Scrambled Eggs (0) ♥🌿R

Thursday French Toast (35) ♥🌿R
Scrambled Eggs (0) ♥🌿R

Friday Apple Strudel (15) 🌿R
Scrambled Eggs (0) ♥🌿R

Saturday French Toast (35) ♥🌿R
Scrambled Eggs (0) ♥🌿R

Sunday Pancakes (25) ♥🌿R
Scrambled Eggs (0) ♥🌿R

Daily Blueberry Sauce (11) 🌿VR
Strawberry Sauce (7) 🌿VR
Whipped Topping (2) 🌿R
Syrup (28)/ SF Syrup (4) 🌿VR

Lunch

Dinner

Monday Meatloaf with Mushroom & Gravy (11) ♥R
Chicken Parmesan (17) ♥

Tuesday BBQ Chicken Sandwich (32) ♥R
Pot Roast with Gravy (3) ♥R

Wednesday Salmon with Lemon Butter (1) ♥R
Mediterranean Salad (19) ♥🌿

Thursday Hamburger (17) ♥R
Whitefish with Lemon Butter (1) ♥R

Friday Cajun Catfish (2) ♥R
Turkey Submarine Sandwich (28) ♥R

Saturday Lemon Chicken (10) ♥R
Pasta Marinara (63) ♥🌿

Sunday Roasted Vegetable Stuffed Pepper (30) ♥🌿
Craisin Chicken Salad Pita Sandwich (26) ♥R

Chicken Tetrazzini (43) ♥R
Grilled Vegetable Sandwich (36) ♥🌿V

Roasted Vegetable Lasagna (17) ♥🌿
Grilled Chicken (1) ♥R

Chicken Pot Pie over Rice (22) ♥R
Pasta Marinara (63) ♥🌿

Roast Turkey with Gravy (6) ♥R
Meatloaf with Mushroom & Gravy (11) ♥R

Grilled Chicken (1) ♥R
Mediterranean Bowl (52) ♥🌿V

Pot Roast with Gravy (3) ♥R
Grilled Chicken Caesar Salad (8) ♥R

Salmon with Lemon Butter (1) ♥R
Smothered Chicken (5) ♥R

Condiments available upon request.



See back of menu for additional options.

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.