

Lunch and Dinner A la Carte Items

(#) = Grams of Carbohydrate ♥ = Heart Healthy 🌿 = Vegetarian ♻️ = Vegan



Daily Entrées

- | | |
|---|-------------------------|
| Salmon with Lemon Butter (1) ♥ | Vegan Pizza (30) ♻️♻️ |
| Vegan BBQ Sandwich (41) ♻️♻️ | Cheese Pizza (27) 🌿 |
| Mixed Green & Chick'n Chunk Salad (32) ♻️♻️ | Hot Dog (29) |
| Grilled Vegetable Sandwich (36) ♻️♻️ | Cheese Burger (18) |
| Grilled Vegetables & Hummus Plate (55) ♻️♻️ | Chicken Tenders (16) |
| Oven Baked Chick'n Nuggets (22) ♻️🌿 | Hamburger (17) ♥ |
| Grilled Cheese Sandwich (46) 🌿 | Veggie Burger (41) ♻️♻️ |
| Grilled Caesar Salad (8) ♥ | Grilled Chicken (1) ♥ |
| Turkey Sandwich (23) ♥ | Pot Roast (3) ♥ |
| Pasta Marinara (62) ♻️♻️ | |

Starches

- | | |
|---------------------------|-----------------------|
| Mashed Potatoes (15) ♻️🌿 | Brown Rice (26) ♻️🌿 |
| Beef Gravy (4) ♥ | Mac and Cheese (16) 🌿 |
| Chicken Gravy (5) ♥ | Rice (17) ♻️🌿 |
| Buttered Noodles (38) ♻️🌿 | Goldfish (27) ♻️🌿 |
| Fluffy Rice (17) ♻️🌿 | Baked Chips (26) ♻️♥ |

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

Vegetables

- | | |
|-------------------|--|
| Corn (24) ♥ | Side Salad (2) |
| Carrots (8) ♥ | Dressing: Ranch (14) ♥ / Caesar (3) |
| Broccoli (6) ♥ | Italian (4) ♥ / Balsamic (5) ♥ |
| Green Beans (5) ♥ | French (9) / Honey Mustard (19) ♥ |
| | Red Wine Vinaigrette (3) ♥ |

- Monday** Roasted Garlic Cauliflower (4) ♻️♻️
Tuesday Broccoli Florets (6) ♻️♻️
Wednesday Roasted Brussel Sprouts (9) ♻️♻️
Thursday Roasted Vegetables (8) ♻️♻️
Friday Vegan Mustard Greens (4) ♻️♻️
Saturday Roasted Vegetables (8) ♻️♻️
Sunday Green Beans (5) ♻️♻️

Soups

- Chicken Noodle (6) ♥
Broth (1) ♥: Chicken / Beef / Vegetable 🌿
Monday Cream of Mushroom (8) ♻️🌿
Tuesday Minestrone (12) ♻️🌿
Wednesday Cream of Tomato (11) ♻️🌿
Thursday Chicken Noodle (6) ♥
Friday Roasted Corn Chowder (15)
Saturday Cream of Mushroom (8) ♻️🌿
Sunday Creamy Lemon Chicken Rice (10) ♥

Desserts

- | | |
|-----------------------|------------------------------|
| Gelatin (18) ♥ | Pound Cake (34) |
| Pudding (26) ♥ | Sugar Free Gelatin (0) ♥ |
| Italian Ice (18) ♻️♻️ | Angel Food Cake (28) ♥ |
| Ice Cream (31) | Strawberry Layer Cake (14) ♥ |
| Brownie (53) | Chocolate Chip Cookie (26) |

- Monday** Blueberry Bar (16) ♥
Tuesday Apple Pie (68)
Wednesday Strawberry Layer Cake (14) ♥
Thursday Sugar Cookie (19)
Friday Apple Pie (68)
Saturday Vanilla Pudding Parfait (24) ♥
Sunday Strawberry Layer Cake (14) ♥

RUSH
MyDining

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



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 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 ♥♻️

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

Fruit ♥♻️

Applesauce (12) Stewed Prunes (24)
Diced Peaches (14) Watermelon (8)
Diced Pears (21) Fresh Fruit Cup (10-25)
Oranges (10-22) Banana (29)
Apple (20)

Beverages 🌿

♻️ Coffee, Decaf Coffee, Tea, Herbal Tea, Iced Tea,
Hot Chocolate (25) ♥, Diet Hot Chocolate (12) ♥

Milk: Whole (11), 2% (11), Skim (11) ♥, Chocolate (20),
Soy (19) ♥♥

Juices ♥♥ : Orange (11), Prune (20), Apple (13),
Cranberry (15), Grape (17), Lemonade (12)
Diet Lemonade (1) ♥♥, Fruit Punch (17) ♥♥

Proteins

Hard Cooked Egg (0) ♥
Scrambled Egg Whites (0) ♥
Breakfast Sandwich (32)
Chicken Sausage (0) ♥
Pork Sausage (0)
Bacon (0)
Plant Based Sausage (1) ♥🌿

Dairy ♥🌿

Cottage Cheese (3)
Yogurt: Vanilla (23),
Blueberry (14),
Strawberry (14)
String Cheese (1)

Bakery 🌿

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

Breakfast Features

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

Tuesday Overnight Oats (35) ♥🌿
 Denver Scrambler (1)

Wednesday Yogurt Parfait (27) ♥🌿
 Breakfast Sandwich (28)

Thursday French Toast Bake (47)
 Chilaquiles (8)

Friday Biscuit and Gravy (26)
 Apple Strudel (15) 🌿

Saturday Three Cheese Scrambler (0)
 Cheese Blintz (29) 🌿

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

Daily Home Fried Potatoes (21)
 Blueberry Sauce (11) ♥♥
 Strawberry Sauce (7) ♥♥
 Whipped Topping (2) ♥🌿
 ♥♥ Syrup (29)/ SF Syrup (4)

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.

Lunch

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

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

Wednesday Italian Beef Sandwich (26) ♥
 Mediterranean Salad (19) ♥🌿

Thursday RUSH Club Burger (45)
 Mandarin Chicken Salad (12) ♥

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

Saturday Lemon Chicken (1) ♥
 Chopped Salad (28)

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

Dinner

Chicken Tetrizzini (43)
Grilled Vegetable Sandwich (36) ♥🌿

Roasted Vegetable Lasagna (17) ♥🌿
Santa Fe Salad (10) ♥🌿

Chicken Pot Pie over Biscuit (35) or Rice (22) ♥
Swedish Meatballs (9)

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

Beef Stir Fry (11) ♥
Mediterranean Bowl (52) ♥🌿

Pot Roast with Gravy (3) ♥
California Turkey Burger (34) ♥

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

Condiments
available
upon request.



See back
of menu for
additional
options.