Vegetables (V)

Corn **Green Beans Baby Carrots Small Tossed Salad** Broccoli Fresh Vegetable Plate

ranch dip optional

Potatoes/Rice/Pasta

Mashed Potatoes Rice (V) Baked Potato (V) Stuffing

Mashed Sweet (V) **Macaroni and Cheese**

Potatoes

Spaghetti **(V**)

Sides

Potato Chips String Cheese Dinner Roll (V) **Pretzels Cottage Cheese** Sliced Bread (V) Hummus **W** Hard Boiled Egg

Desserts

Fruit (V) **Ice Cream** chocolate, vanilla Yogurt Sherbet **Frosted Brownie** raspberry, lime **Apple Pie** Water Ice **W**

Lemon Meringue Pie Chocolate Chip Cookie

Vanilla Wafers

Gelatin regular & reduced sugar **W**

lemon, orange, cherry

Pudding

chocolate: regular & reduced sugar vanilla: regular & reduced sugar

VEGETARIAN FEATURED MEALS

MONDAY

Lunch Southwestern Wrap (V) Dinner **Eggplant Parmesan**

TUESDAY

Lunch Vegetable Ravioli with Tomato Sauce V Dinner Cheese Tortellini with Tomato Sauce

WEDNESDAY

Lunch Vegetarian Chili over Brown Rice 🕔 Dinner Vegetarian Lasagna (V)

THURSDAY

Lunch Hummus Platter (V) Dinner Pasta Primavera (V)

FRIDAY

Lunch Black Bean Burger W **Dinner Stuffed Shells**

SATURDAY

Lunch Grilled Portobello Sandwich (V) Dinner Cheese Pizza

SUNDAY

Lunch Macaroni & Cheese Dinner Vegetable Stir Fry (V)

We Care.

Our goal is to provide you meal choices that are nutritionally balanced and flavorful.

We hope you enjoy our meal program.

Highland Hospital

1000 South Avenue • Rochester, NY 14620 585-473-2200 www.highland.urmc.edu



Patient menu

We offer two (2) different meal selection options.

FEATURED MEAL OF THE DAY

- Complete meal including entrée, sides, and beverage
- No action required; your meal will be delivered automatically

OPTION

CREATE-A-MEAL

- Choose what you want to eat from our menu
- To place your order CALL 37951 (option 1) from your hospital phone

BREAKFAST

call before 6:30 pm the previous night

LUNCH

call before 10:45 am

DINNER

call before 3:45 pm

NEEDS

SPECIFIC OUR NUTRITION STAFF IS HERE TO HELP

- Food selections if you are placed on a modified diet
- Food allergies or intolerances
- Specific food preferences such as Kosher, vegetarian, and gluten free food options





FEATURED MEALS

MONDAY

Breakfast French Toast

bacon, banana, blueberry yogurt, orange juice, coffee

Lunch Chicken Parmesan Sandwich

tossed salad, tropical fruit cup, chocolate chip cookie

Dinner Pot Roast with Gravy

garlic mashed potatoes, corn, peaches, sherbet, milk

TUESDAY

Breakfast Garden Vegetable Quiche

home fries, fruit cup, strawberry yogurt, orange juice, coffee

Lunch Goulash

broccoli, dinner roll, pears, frosted brownie

Dinner Glazed Pork Tenderloin

carrot and bean medley, scalloped potatoes, grapes, apple crisp, milk

WEDNESDAY

Breakfast Buttermilk Pancakes

bacon, banana, peach yogurt, orange juice, coffee

Lunch Chicken French with Linguini

green beans with red peppers, fruited gelatin

Dinner Lasagna

Caesar salad, garlic toast, fruit cup, milk

THURSDAY

Breakfast Baked Egg Casserole

mini blueberry muffins, mandarin oranges, raspberry yogurt, orange juice, coffee

Lunch Roasted Turkey with Gravy

mashed potatoes, green bean casserole, applesauce, double chocolate chip cookies

Dinner Beef Tips with Mushrooms

egg noodles, carrot and bean medley, vanilla pudding, milk

FRIDAY

Breakfast Buttermilk Pancakes

sausage, banana, blueberry yogurt, orange juice, coffee

Lunch Fish Sandwich

sweet potato fries, cole slaw, pears

Dinner Ricotta Stuffed Shells

garlic breadstick, tossed salad, fruit cup, milk

SATURDAY

Breakfast Cheese Omelet

home fries, mini blueberry muffins, mandarin oranges, peach yogurt, orange juice, coffee

Lunch Open-Faced Roast Beef Sandwich

mashed potatoes, green beans with red peppers, angel food cake with blueberries

Dinner Chicken Marsala

rice, broccoli, cherry tart, milk

SUNDAY

Breakfast Waffles

vanilla yogurt, warm cinnamon apple slices, orange juice, coffee

Lunch Macaroni and Cheese

fresh vegetable plate, fruit cup

Dinner Roasted Pork Loin with Gravy mashed sweet potatoes, green beans,

applesauce, milk

CREATE-A-MEAL SELECTIONS

Entrées

Scrambled Eggs

regular or low cholesterol

Buttermilk Pancakes Cheese Omelet

Tofu Scramble (V) **French Toast**

Cottage Cheese and Fruit Platter

Cereal

Oatmeal (V)

Cream Of Wheat® (V)

Special K® Raisin Bran® (V) Honey Nut Cheerios® (V)

Rice Chex® (V)

Granola

Sides

Bacon

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Home Fries (V) Sausage

Hard Boiled Egg **Cottage Cheese**

Baked Goods

Toast (V)

wheat, plain

wheat, white, rye Bagel (V)

English Muffin (V) **Blueberry Muffin**

Fruit **W**

Applesauce

Banana Blueberries

Grapes **Fruit Cup** **Peaches** Pears **Pineapple**

Mandarin Oranges

Small Fruit Plate

Yogurt

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Blueberry Strawberry

Peach

Vanilla light or Greek

Raspberry

Beverages

Milk

white, 1% or whole, chocolate, soy, Lactaid®

Coffee

regular, decaffeinated

Hot Tea

regular, decaffeinated, green

Hot Chocolate regular, reduced sugar

Unsweetened Iced Tea

Soda

Pepsi®, Diet Pepsi®, Orange

Fruit Juice

apple, orange, cranberry, grape, prune, fruit punch

(V) Does Not Contain Meat, Egg or Dairy

CREATE-A-MEAL SELECTIONS

Soup

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Cream of Tomato

Chicken Noodle Garden Vegetable **(V)** Savory Squash (V)

Broth

beef, chicken or vegetarian 🕔

Hot Entrées

Marinated **Chicken Breast**

Chicken Fingers Roasted Turkey

Lemon Pepper Haddock

Fish Nuggets Pot Roast

Meatloaf

Spaghetti with Meatballs **Macaroni and Cheese** Vegetable Ravioli with

Tomato Sauce (V) Mushroom Stroganoff (V)

Hamburger/ Cheeseburger

Garden Vegetable Burger (V)

Grilled Entrées

Grilled Cheese Grilled Ham and Cheese

Grilled Chicken Sandwich

Tuna Melt

Sandwich Entrées

Black Bean Burger (V)

Breads

white, wheat, rye Meats

turkey, roast beef, ham

Cheese American, provolone, Swiss

Egg Salad

Chicken Salad Tuna Salad

Bacon Turkey Ranch Wrap Peanut Butter and Jelly (V)

Veggie Delight Wrap 🕔 lettuce, cucumber, onion, carrots, hummus, cheese optional

Personal Pizza Entrées

Cheese

Pepperoni

Salad Entrées

Grilled Chicken Salad

grilled chicken breast, mixed greens, tomatoes, cucumbers

Cranberry Walnut Grilled Chicken Salad

grilled chicken breast, mixed greens, apples, Craisins®, walnuts

Cottage Cheese and Fruit Platter

Greek Salad with Tofu "Feta" (V) mixed greens, cucumbers, tomatoes, red onions, tofu, Kalamata olives

Cilantro Southwest Bean Salad (V) mixed greens, corn, peppers, onion, celery, black beans, cannellini beans,

garbanzo beans, cilantro

Hummus Platter (V) hummus, carrots, cherry tomatoes, green peppers, pita chips

Salad Dressings

Italian, French, Ranch, Caesar, Blue Cheese, Oil & Vinegar



CREATE-A-MEAL ORDERING

CALL 37951 (option 1) to place your order

BREAKFAST must be ordered by 6:30 pm (the previous evening)

LUNCH must be ordered by 10:45 am **DINNER** must be ordered by 3:45 pm

You May Select One (1) of Each:

Entrée **Vegetable** Potato/Rice/Pasta Side or Soup

Fruit Dessert **Beverage**