CREATE-A-MEAL SELECTIONS

**VEGETABLES**
- Corn
- Baby Carrots
- Broccoli

**Potatoes/Rice/Pasta**
- Mashed Potatoes
- Baked Potato
- Mashed Sweet Potatoes
- Rice

**Sides**
- Potato Chips
- Pretzels
- Cottage Cheese
- Hummus

**Desserts**
- Fruit
- Yogurt
- Frosted Brownie
- Apple Pie
- Lemon Meringue Pie
- Chocolate Chip Cookie
- Vanilla Wafers
- Gelatin

**DESSERTS, SIDES, AND VEGETABLES**
- String Cheese
- Dinner Roll
- Sliced Bread
- Hard Boiled Egg

**VEGETARIAN FEATURED MEALS**

**MONDAY**
- **Lunch**: Southwestern Wrap
- **Dinner**: Eggplant Parmesan

**TUESDAY**
- **Lunch**: Vegetable Ravioli with Tomato Sauce
- **Dinner**: Cheese Tortellini with Tomato Sauce

**WEDNESDAY**
- **Lunch**: Hummus Platter
- **Dinner**: Vegetarian Lasagna

**THURSDAY**
- **Lunch**: Black Bean Burger
- **Dinner**: Stuffed Shells

**SATURDAY**
- **Lunch**: Grilled Portobello Sandwich
- **Dinner**: Cheese Pizza

**SUNDAY**
- **Lunch**: Macaroni & Cheese
- **Dinner**: Vegetable Stir Fry

**Patient menu**

We offer two (2) different meal selection options.

**OPTION A**
- **FEATURED MEAL OF THE DAY**
  - Complete meal including entrée, sides, and beverage
  - No action required; your meal will be delivered automatically

**OPTION B**
- **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

**SPECIFIC NEEDS**
- 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

**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
WEEKLY MENU

MONDAY
Breakfast  French Toast  bacon, banana, blueberry yogurt, orange juice, coffee
Lunch  Chicken Parmesan Sandwich  tossed salad, tropical fruit cup, chocolate chip cookie
Dinner  Rotast with Gravy  garlic mashed potatoes, corn, peaches, sherbert, milk

TUESDAY
Breakfast  Garden Vegetable Quiche  home fries, fruit cup, strawberry yogurt, orange juice, coffee
Lunch  Goulash  broccoli, dinner roll, peas, frosted brownie
Dinner  Lasagna  Caesar salad, garlic toast, fruit cup, milk

WEDNESDAY
Breakfast  Buttermilk Pancakes  bacon, banana, peach yogurt, orange juice, coffee
Lunch  Chicken French with Linguini  green beans with red peppers, roasted 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, vanila 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  Rotast Pork Loin with Gravy  mashed sweet potatoes, green beans, applesauce, milk

BREAKFAST AVAILABLE AT ALL MEALS
- Bagel  wheat, white, rye
- Must be ordered by 3:45 pm
- Baked Goods
- English Muffin
- Blueberry Muffin
- Coffee
- Regular, decaffeinated
- Fruit
- Cilantro Southwest Bean Salad  red onions, tofu, Kalamata olives
- Salad Entrées
- Grilled Chicken Salad  grilled chicken breast, mixed greens, tomatoes, cucumbers
- Cranberry Walnut  grilled chicken breast, mixed greens, apples, Craisins®, walnuts
- Cottage Cheese and Fruit Platter  peach, orange, cranberry, grape, prune, fruit punch
- Side or Soup
- Cilantro Southwest Bean Salad  mixed greens, corn, peppers, onion, celery, black beans, cannellini beans, garbanzo beans, cilantro
- Hummus Platter  hummus, carrots, cherry tomatoes, green peppers, pita chips

CALL 37951 (option 1) to place your order
BREAKFAST must be ordered by 6:30 pm
LUNCH must be ordered by 10:45 am
DINNER must be ordered by 3:45 pm

CREATIVE-A-MEAL SELECTIONS

Entrées
- Scrambled Eggs  regular or low cholesterol
- Buttermilk Pancakes
- Cheese Omelet
- French Toast
- Cottage Cheese and Fruit Platter
- Honey Nut Cheerios*
- Rice Chex®
- Granola
- Hard Boiled Egg
- Cottage Cheese

Sides
- Home Fries
- Sausage
- Bacon
- English Muffin
- Blueberry Muffin
- Toast  wheat, white, rye
- Bagel  wheat, plain
- Blueberry Muffin
- Peach
- Raspberry
- Vanilla
- Light or Greek

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

CREATE-A-MEAL ORDERING

Soup
- Cream of Tomato
- Chicken Noodle
- Garden Vegetable

Hot Entrées
- Marinaded Chicken Breast
- Chicken Fingers
- Roasted Turkey
- Lemon Pepper
- Haddock
- Fish Nuggets
- Pot Roast

Grilled Entrées
- Hamburger/ Cheeseburger
- Garden Vegetable Burger
- Black Bean Burger

Sandwich Entrées
- Chicken Salad
- Tuna Salad
- Bacon Turkey Ranch Wrap
- Peanut Butter and Jelly

Personal Pizza Entrées
- Cheese
- Pepperoni

Salad Entrées
- Greek Salad with Tofu “Feta”  mixed greens, cucumbers, tomatoes, red onions, tofu, Kalamata olives
- Cilantro Southwest Bean Salad  mixed greens, corn, peppers, onion, celery, black beans, cannellini beans, garbanzo beans, cilantro
- Hummus Platter  hummus, carrots, cherry tomatoes, green peppers, pita chips

You May Select One (1) of Each:
- Entrie
- Vegetable
- Pasta
- Side or Soup
- Fruit
- Dessert
- Beverage