Highland Hospital

Meal Service Information

Call: ext 37951

Breakfast Buffet Available Daily
7:30 a.m. to 9:30 a.m.

For Maternity Patients and Their Families
Roberson Conference Room
Welcome to Highland Hospital

Our Pledge
Caring is always on our menu. Food & Nutrition Services is committed to making your stay with us as comfortable as possible, by providing you great tasting meals and courteous service. We strive for excellence! Your 100% satisfaction is our number one goal.

If at anytime we do not meet your expectations, we invite you to call the Director of Support Services at 585.341.6430.

Information Regarding Your Diet

Your diet has been ordered by your doctor. While medical and laboratory tests may cause a delay in service, we make every effort in these situations to bring you your meals as soon as possible.

Because nutrition is an integral part of your recovery, it is important to ensure your specific needs are met.

• If you are on a modified diet, a nutrition staff member is available to help you with your selections.

• If you have food allergies or specific food preferences such as Kosher or vegetarian, please call us as soon as possible.

Featured Meal of the Day

We will be serving the Featured Meal of the day for every breakfast, lunch and dinner. Our Featured Meal menu is located on pages 4-5. If your care provider has prescribed diet restrictions, some items listed on the Featured Meal may not be permitted and substitutions will be made.

Additional Choices

For those seeking alternate menu items, you may select items from our Additional Choice menu, which are available every day as your diet allows. If you wish to order alternate menu items (pages 6-7), place your order by calling extension 37951 between 7:30am – 1:30pm and 2:00pm – 6:30pm (office is closed daily from 1:30pm - 2:00pm). Please note that orders placed after the meal service has begun, are based on a limited menu, and may be delivered after all other patient trays have been prepared. Refer to page 4 for more information about specific call times.

• A meal consists of an entrée, four side dishes, dessert and beverage (hot and cold).
The following is a sample of the diets offered here at Highland Hospital. If you are on a special/restricted diet and would like further education, please inform your nurse or call us (ext 37951) with your request.

<table>
<thead>
<tr>
<th>Diet Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clear Liquids</td>
<td>The clear liquid diet is composed of foods that are transparent and liquid at body temperature. Foods allowed in this diet include juice, gelatin, ice water, popsicles, ice chips, sweetened tea or coffee, and soda pop. Meat-based or vegetable-based broths are also allowed on the clear liquid diet.</td>
</tr>
<tr>
<td>Full Liquids</td>
<td>The full liquid diet includes the foods allowed on the clear liquid diet with the addition of milk and small amounts of fiber. Thin cereal, strained cream soups, milk shakes, custard and pudding can be provided along with juices or nectars that contain pulp.</td>
</tr>
</tbody>
</table>
| Diabetic Diet      | The diabetic diet provides 4-5 carbohydrate servings per meal. Counting carbohydrate servings may help you to control your blood glucose level so that you feel better. Foods with carbohydrates include:  
• Breads, crackers, cereals, pasta, rice and grains  
• Starchy vegetables, such as potatoes, corn, peas, beans and legumes  
• Milk, soy milk and yogurt  
• Fruits and fruit juices  
• Sweets, such as cakes, cookies, ice cream, jam, and jelly  
In diabetes meal planning, 1 serving of a food with carbohydrate has about 15 grams of carbohydrate. |
| Geriatric Diet     | The geriatric diet was created to provide nutrient dense, soft textured foods to elderly patients. This diet also provides a nutrition supplement at lunch and dinner.                                               |
| Low Fat            | The low fat diet is a balanced, heart healthy diet that will help to lower the risk of heart disease by limiting fat and cholesterol. Foods high in fats include fried foods, fatty meat, poultry skin, bacon, sausage, 2% or whole milk, cheese, cream and butter. |
| Low Fiber/Low Residue | A diet low in residue/fiber reduces the frequency and volume of stools. This lessens irritation of the gastrointestinal (GI) tract and can help it heal. Whole grain, whole wheat products, most raw fruits and raw vegetables, nuts, seeds, coconut, and dried fruit should be avoided. This diet is usually followed for a short period of time (less than 6 weeks). |
| Low Sodium         | A low-sodium (low-salt) diet may help prevent build-up of extra water in your body. This may be for high blood pressure, heart failure, kidney disease or other conditions in which swelling or fluid retention can occur. |
| Low Potassium      | Potassium, a mineral found in many foods, plays a role in keeping your heartbeat regular and your muscles working properly. It is the job of the kidneys to keep the right amount of potassium in your body, so when your kidneys are not healthy, you often need to limit or avoid foods that contain high amounts of potassium. They include: bananas, oranges, prunes, potatoes, tomatoes, and spinach. However, almost all foods have some potassium and therefore it is important to follow recommended serving sizes. A large amount of a low potassium food can turn into a high potassium food. |
Every day you will receive the Featured Meal of the Day. If you wish to receive an alternate selection, please place your orders for:

**LUNCH:** Call before 11am  
**DINNER:** Call before 4pm  
**BREAKFAST:** Call by 6:30 pm for the following morning’s breakfast

Please Note: A limited menu will be available for orders placed after the meal service has begun

### Featured Meal of the Day

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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</thead>
</table>
| **BREAKFAST**  
served: 7:30am – 9:15am | French Toast with Syrup  
Bacon  
Banana  
Blueberry Yogurt  
Coffee  
Orange Juice | Cheese Omelet  
Home Fries  
Mini Blueberry Muffin  
Fresh Fruit Cup  
Strawberry Yogurt  
Coffee  
Orange Juice | Buttermilk Pancakes with Syrup  
Sausage  
Banana  
Peach Yogurt  
Coffee  
Orange Juice |
| **LUNCH**  
served: 11:30am – 1:15pm | Chicken Parmesan Sandwich  
Tossed Salad  
Tropical Fruit Cup  
Fresh Baked Cookie  
Apple Juice | Goulash  
Cauliflower & Broccoli  
Dinner Roll  
Pears Slices  
Brownie  
Cranberry Juice | Chicken French with Linguini  
Green Bean and Red Pepper Blend  
Fruited Gelatin  
Apple Juice |
| **DINNER**  
served: 4:45pm – 6:30pm | Sirloin Cutlet  
Roasted Red Potatoes  
Baby Carrots, Wax Beans, Green Bean Medley  
Apple Slices  
Grape Juice  
Milk | Oven Roasted Pork Loin with Home-style Gravy  
Mashed Sweet Potatoes  
Yellow Wax Beans  
Applesauce  
Fruit Punch  
Milk | Pot Roast with Home-style Gravy  
Garlic Mashed Potatoes  
Corn  
Peach Slices  
Sherbet  
Grape Juice  
Milk |

**NOTE:** If your primary care provider has prescribed diet restrictions,
**Not ready for a full meal?**

We have a lighter fare meal available which consists of:

- Turkey Sandwich on White with Lettuce/Tomato/Light Mayo
- Chicken Noodle Soup
- Fruit Cup
- Apple Juice
- Vanilla Ice Cream

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>French Toast with Syrup</td>
<td>Cheese Omelet</td>
<td>Buttermilk Pancakes with Syrup</td>
<td>Waffles with Syrup</td>
</tr>
<tr>
<td>Bacon</td>
<td>Home Fries</td>
<td>Sausage</td>
<td>Vanilla Yogurt</td>
</tr>
<tr>
<td>Fresh Fruit Cup</td>
<td>Mini Blueberry Muffin</td>
<td>Banana</td>
<td>Warm Cinnamon</td>
</tr>
<tr>
<td>Raspberry Yogurt</td>
<td>Mandarin Oranges</td>
<td>Peach Yogurt</td>
<td>Apple Slices</td>
</tr>
<tr>
<td>Coffee</td>
<td>Blueberry Yogurt</td>
<td>Coffee</td>
<td>Coffee</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>Coffee</td>
<td>Orange Juice</td>
<td>Orange Juice</td>
</tr>
<tr>
<td>Oven Roasted Turkey with Home-style Gravy</td>
<td>Pulled Pork Sandwich on a Bun</td>
<td>Open Faced Roast Beef Sandwich</td>
<td>Ricotta Stuffed Shells</td>
</tr>
<tr>
<td>Cranberry Sauce</td>
<td>Veggies &amp; Dip</td>
<td>Mashed Potatoes</td>
<td>Fresh Baked Garlic Breadstick</td>
</tr>
<tr>
<td>Green Bean Casserole</td>
<td>Peach Slices</td>
<td>Green Bean and Red Pepper Blend</td>
<td>Caesar Salad</td>
</tr>
<tr>
<td>Corn Bread Stuffing</td>
<td>Vanilla Ice cream</td>
<td>Angel Food Cake with Blueberries</td>
<td>Seasonal Fruit Cup</td>
</tr>
<tr>
<td>Fresh Baked Cookie</td>
<td>Apple Juice</td>
<td>Cranberry Juice</td>
<td>Grape Juice</td>
</tr>
<tr>
<td>Cranberry Juice</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Beef Tips with Mushrooms</td>
<td>Chicken Marsala</td>
<td>Fish Nuggets</td>
<td>Marinated Pork Chop</td>
</tr>
<tr>
<td>Egg Noodles</td>
<td>Parsley Rice</td>
<td>Sweet Potato Fries</td>
<td>Carrot Batons</td>
</tr>
<tr>
<td>Baby Carrots, Wax Beans, Green Bean Medley</td>
<td>Broccoli</td>
<td>Cole Slaw</td>
<td>Au Gratin Potatoes</td>
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<tr>
<td>Vanilla Pudding</td>
<td>Cherry Tart</td>
<td>Pear Slices</td>
<td>Grapes</td>
</tr>
<tr>
<td>Fruit Punch</td>
<td>Grape Juice</td>
<td>Fruit Punch</td>
<td>Apple Crisp</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Cranberry Juice</td>
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</tbody>
</table>

Some items listed on the Featured Meal and/or Additional Choices may not be permitted.
In addition to our featured meal of the day, the following options are available daily.

To select an alternative choice, please DIAL 37951
*before* 11am for lunch orders
*before* 4pm for dinner orders
*before* 6:30pm for the following morning’s breakfast

Please note: a limited menu will be available for orders placed after the meal service has begun.

**NOTE:** If your primary care provider has prescribed diet restrictions, some items listed on the Featured Meal and/or Additional Choices may not be permitted.

### BREAKFAST ITEMS

**Available 7:30am – 9:15am**

<table>
<thead>
<tr>
<th>Traditional Entrees:</th>
<th>Eggs:</th>
<th>Lighter Fare:</th>
<th>Baked Goods:</th>
<th>Cereal:</th>
<th>Sides:</th>
</tr>
</thead>
</table>
| Buttermilk Pancakes          | Scrambled
| French Toast                 | Hard Cooked
| Waffles                      | Cheese Omelet
|                              | Low Cholesterol
|                              | Eggs               |

**Sides:**
- Bacon
- Sausage Patty
- Turkey Sausage
- Hash Browns

### SOUPS (Available Daily)

- Cream of Tomato Soup
- Cream of Potato Soup
- Chicken Noodle Soup
- Vegetable Soup

### SANDWICHES

**CREATE YOUR OWN:** All sandwiches served with lettuce, tomato and pickle unless specified otherwise.

<table>
<thead>
<tr>
<th>Breads:</th>
<th>Meats:</th>
<th>Fillings:</th>
<th>Cheese:</th>
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</thead>
<tbody>
<tr>
<td>White</td>
<td>Turkey</td>
<td>Egg Salad</td>
<td>American</td>
</tr>
<tr>
<td>Rye</td>
<td>Ham</td>
<td>Chicken Salad</td>
<td>Provolone</td>
</tr>
<tr>
<td>Wheat</td>
<td>Roast Beef</td>
<td>Tuna Salad</td>
<td>Swiss</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Peanut Butter</td>
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</tr>
</tbody>
</table>

### SPECIALTY SANDWICHES

**From the Deli/Grill**

- **Hamburger/Cheeseburger:**
  ¼ lb grilled beef, choice of cheese, served on a bun with side of lettuce and tomato

- **Garden Vegetable Burger:**
  Meatless burger served with lettuce and tomato on a whole wheat bun

- **Black Bean Burger:**
  Served on a whole wheat bun with a side of lettuce and tomato

- **Grilled Cheese:**
  American or Swiss cheese grilled on choice of bread; ham available

- **Tuna Melt:**
  Tuna with American cheese grilled on choice of bread

- **Vegetarian Delight:**
  Cucumber, tomato, onion, choice of cheese, served on 12 grain bread

- **Club Sandwich:**
  Turkey, bacon, lettuce and tomato on a croissant, served with grapes

### SIDES

- Mashed Potatoes
- Mashed Sweet Potatoes
- Baked Potato
- French Fries
- White Rice
- Stuffing
- Turkey Gravy
- Beef Gravy
- Corn
- Sweet Peas
- Steamed Baby Carrots
- Green Beans
- Veggies and Dip
- Small Tossed Salad
- Small Caesar Salad
- Dinner Roll
- Potato Chips
- Pretzels
- Yogurt: Fruited or Vanilla

Greek Yogurt: Fruited or Vanilla

To select an alternative choice, please DIAL 37951 before 11am for lunch orders, before 4pm for dinner orders, before 6:30pm for the following morning’s breakfast.

Please note: a limited menu will be available for orders placed after the meal service has begun.

**NOTE:** If your primary care provider has prescribed diet restrictions, some items listed on the Featured Meal and/or Additional Choices may not be permitted.
**SALAD ENTREES**

**Chicken Caesar Salad:**
Grilled chicken breast, Parmesan cheese, romaine lettuce and croutons

**Julienne Salad:**
Turkey, ham, Lorraine Swiss and American cheeses, mixed greens, cucumbers and tomatoes

**Choice of dressings:**
Italian, French, Caesar, Ranch, Oil and Vinegar, Blue Cheese Light Ranch, Light French, Light Italian; Croutons available

**Fresh Fruit Platter:**
Cottage cheese, fresh fruit and blueberry muffins (optional)

**Large Tossed Salad:**
Mixed greens, tomatoes, cucumbers, sliced onions and croutons

**Cobb Salad:**
Romaine lettuce with grilled chicken, bacon, blue cheese, black olives and tomatoes

**Hummus Platter:**
Classic hummus with baby carrots, green peppers, cucumbers and cherry tomatoes served with rice and sweet potato chips

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**Chicken Caesar Salad:**
Grilled chicken breast, Parmesan cheese, romaine lettuce and croutons

**Julienne Salad:**
Turkey, ham, Lorraine Swiss and American cheeses, mixed greens, cucumbers and tomatoes

**Choice of dressings:**
Italian, French, Caesar, Ranch, Oil and Vinegar, Blue Cheese Light Ranch, Light French, Light Italian; Croutons available

**Fresh Fruit Platter:**
Cottage cheese, fresh fruit and blueberry muffins (optional)

**Large Tossed Salad:**
Mixed greens, tomatoes, cucumbers, sliced onions and croutons

**Cobb Salad:**
Romaine lettuce with grilled chicken, bacon, blue cheese, black olives and tomatoes

**Hummus Platter:**
Classic hummus with baby carrots, green peppers, cucumbers and cherry tomatoes served with rice and sweet potato chips

**HOT ENTREES**

Grilled Boneless Chicken Breast
Grilled Chicken Sandwich with Lettuce and Tomato
Chicken Fingers
Fried Chicken
Lemon Baked Haddock
Macaroni & Cheese
Cheese Pizza
Pot Roast
Oven Baked Meatloaf
Spaghetti with Meatballs
Tofu Stuffed Ravioli with Tomato Sauce
Oven Roasted Turkey

**CONDIMENTS**

Mustard
Mayo
Ketchup
Relish

Hot Sauce
BBQ Sauce
Sweet & Sour Sauce

Tartar Sauce
Sour Cream
Lemon
Honey

Brown Sugar
Cream Cheese
Pancake Syrup

**FRUITS**

Fresh Fruit Cup
Grapes
Sliced Pears or Peaches
Small Fresh Fruit Plate

Banana
Apples
Seasonal Fruit
Fruit Cocktail

Mandarin Apples
Oranges

Apple Pie
Lemon Meringue Pie
Chocolate Chip Cookie
Peanut Butter Cookie

Fig Newtons
Animal Crackers
Gelatin (Regular & Diet)

Sugar Free

**DESSERTS**

Angel Food Cake
Carrot Cake
Chocolate Cake
Frosted Brownie

Apple Pie
Lemon Meringue Pie
Chocolate Chip Cookie
Peanut Butter Cookie

Fig Newtons
Animal Crackers
Gelatin (Regular & Diet)

Sugar Free

**VEGETARIAN SPECIALS OF THE DAY**

**MONDAY:**
Lunch: Eggplant Parmesan
Dinner: Cheese Tortellini w/Tomato Sauce

**TUESDAY**
Lunch: Classic Style Macaroni & Cheese
Dinner: Tofu Stuffed Ravioli w/Tomato Sauce

**WEDNESDAY**
Lunch: Vegetarian Chili over Brown Rice
Dinner: Black Bean Burger

**THURSDAY**
Lunch: Pasta Primavera
Dinner: Hummus Platter

**FRIDAY**
Lunch: Cheese Pizza
Dinner: Southwestern Wrap

**SATURDAY:**
Lunch: Grilled Portabella Mushroom Sandwich
Dinner: Tofu Stuffed Ravioli w/Tomato Sauce

**SUNDAY:**
Lunch: Stuffed Shells
Dinner: Vegetable Stir Fry

**GLUTEN FREE ITEMS**

Please ask a Nutrition Services Representative for a list of Gluten Free items available.

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Please Note: A limited menu will be available for orders placed after the meal service has begun.
CAFETERIA INFORMATION
The cafeteria is located on Level One.
We accept Visa, MasterCard and Discover Card.

CAFETERIA HOURS
Monday - Friday: 6:30am – 7:00pm
Saturday & Sunday: 6:30am – 6:30pm
Closed daily from 3:30pm – 4pm

Guest Meal Program
For your convenience, we offer a guest tray program. For a small fee of $6.00 (tax included), your guests can enjoy their meal(s) with you in your room. A guest meal consists of the Featured Meal of the Day or item of choice from pages 6 – 7. Your guest will need to go to the cafeteria and pay for the meal with cash or credit card. They can review the menu and place their order with the diet office. In order to ensure that their meal is sent up to the patient room with yours, we ask that they complete this process before 11am for lunch and before 3:30pm for dinner.

Subway
Subway is located in the food court adjacent to the Cafeteria.
Check location for hours.

Coffee House
An upscale coffee house is located on the Main Level of the hospital, adjacent to the Emergency Department, and features assorted beverages and lighter fare. Check location for hours or call 341-0218.