

Highland Hospital

Meal Service Information
call: **ext 37951**



Welcome to Highland Hospital

Our Pledge

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 our Food Service Sr. Operations Manager at 585.341.0534.

Caring is always on our menu.

Information Regarding Your Diet

Your diet has been ordered by your doctor. Sometimes your doctor may order a change to your diet based on medical and laboratory tests.

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.
- If you require a gluten free diet, please call us as soon as possible. A separate menu is available.

Meal Selections

Featured Meal of the Day

We serve a featured meal for breakfast, lunch and dinner; this meal changes daily. You can see the meals 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.** If you are not ready for a full meal, we also offer a lighter selection as listed on page 5.

Alternate Choices

We offer different choices should you prefer something else, as your diet allows. Please refer to pages 6 & 7 for meal selections and ordering process.

Contact Us

Office hours: 7:30 am - 1:30 pm and 2:00 pm - 6:30 pm (office is closed daily from 1:30 pm - 2:00 pm)

Phone extension: 37951

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.

Clear Liquids	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.
Full Liquids	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, ice cream and pudding can be provided along with juices or nectars that contain pulp.
Diabetic Diet	<p>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:</p> <ul style="list-style-type: none"> • 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 <p>In diabetes meal planning, 1 serving of a food with carbohydrate has about 15 grams of carbohydrate.</p>
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 saturated 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.

Featured Meal of the Day

Every day you will receive the Featured Meal of the Day, unless you prefer something different. Refer to pages 6 & 7 for alternate choices. Some items may not be available to you based on your doctor's orders. A substitution will be given.

	MONDAY	TUESDAY	WEDNESDAY
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 Bacon Banana Peach Yogurt Coffee Orange Juice
LUNCH served: 11:30am – 1:15pm	Chicken Parm Sandwich Tossed Salad Tropical Fruit Cup Fresh Baked Cookie Apple Juice	Goulash Broccoli Dinner Roll Pear Slices Brownie Cranberry Juice	Chicken French with Linguini Green Bean and Red Pepper Blend Fruited Gelatin Apple Juice
DINNER served: 4:30pm – 6:30pm	Salisbury Steak with Homestyle Gravy Garlic Parsley 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

Not ready for a full meal?

We have a lighter meal available for lunch and dinner:

Turkey Sandwich on White with Lettuce/Tomato/Light Mayo

Chicken Noodle Soup
Fruit Cup

Apple Juice
Vanilla Ice Cream

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Burrito with Salsa Fresh Fruit Cup Raspberry Yogurt Coffee Orange Juice	Baked Sausage & Egg Casserole Mini Blueberry Muffins Mandarin Oranges Blueberry Yogurt Coffee Orange Juice	Buttermilk Pancakes with Syrup Sausage Banana Peach Yogurt Coffee Orange Juice	Waffles with Syrup Vanilla Yogurt Warm Cinnamon Apple Slices Coffee Orange Juice
Oven Roasted Turkey with Home-Style Gravy Cranberry Sauce Green Bean Casserole Corn Bread Stuffing Fresh Baked Cookie Cranberry Juice	Fish Sandwich Sweet Potato Fries Cole Slaw Pear Slices Apple Juice	Open Faced Roast Beef Sandwich with Gravy Mashed Potatoes Green Bean And Red Pepper Blend Angel Food Cake with Blueberries Cranberry Juice	Macaroni and Cheese Veggies and Dip Fresh Fruit Cup Grape Juice
Beef Tips with Mushrooms Egg Noodles Baby Carrots, Wax Beans, Green Bean Medley Vanilla Pudding Fruit Punch Milk	Ricotta Stuffed Shells Fresh Baked Garlic Breadstick Caesar Salad Fresh Fruit Cup Grape Juice Milk	Chicken Marsala Parsley Rice Broccoli Cherry Tart Fruit Punch Milk	Marinated Pork Chop Carrot Batons Au Gratin Potatoes Grapes Apple Crisp Cranberry Juice Milk

Alternate Choices

Some items may not be available to you based on your doctor's orders.

To select from this menu, please **DIAL 37951**

Breakfast: by 6:30 pm the previous evening

Lunch: before 11:00 am

Dinner: before 4:00 pm

You may choose 1 entrée, 4 sides (fruit, soup, sides), 1 dessert and a beverage.

BREAKFAST ITEMS

Available 7:30am – 9:15am

Entrees:

Buttermilk Pancakes
French Toast
Waffles
Fresh Fruit Platter

Eggs:

Scrambled
Hard Boiled
Cheese Omelet
Low Cholesterol Eggs

Sides:

Yogurt:
Fruited or Vanilla
Cottage Cheese
Bacon
Sausage
Home Fries

Baked Goods:

Toast
Bagel
English Muffin
Croissant
Blueberry Muffin

Cereal:

Oatmeal
Cream of Wheat
Corn Flakes
Raisin Bran
Special K
Frosted Flakes
Natural Granola
Rice Chex
Honey Nut Cheerios

SOUPS

Cream of Tomato Soup

Cream of Potato Soup

Chicken Noodle Soup

Vegetable Soup

SANDWICHES

CREATE YOUR OWN: Lettuce, tomato and pickle available upon request.

Breads:

White Rye
Wheat

Meats:

Turkey Roast Beef
Ham

Fillings:

Egg Salad Chicken Salad Jelly
Tuna Salad Peanut Butter

Cheese:

American Swiss
Provolone

SPECIALTY SANDWICHES

From the Deli/Grill: Lettuce, tomato and pickle available upon request.

Hamburger/Cheeseburger:

¼ lb grilled beef, choice of cheese, served on a bun

Garden Vegetable Burger:

Meatless burger served on a whole wheat bun

Black Bean Burger:

Served on a whole wheat bun

Grilled Cheese:

American or Swiss cheese grilled on choice of bread; ham available

Hot Dog:

Grilled and served on a bun

Tuna Melt:

Tuna with American cheese grilled on choice of bread

Club Sandwich:

Turkey, bacon, lettuce and tomato on a croissant

Veggie Delight:

Lettuce, cucumber, tomato, onion, choice of cheese, served in a sun dried tomato wrap

SIDES

Mashed Potatoes

Mashed Sweet Potatoes

Baked Potato

French Fries

White Rice

Stuffing

Turkey Gravy

Beef Gravy

Corn

Steamed Baby Carrots

Broccoli

Green Beans

Veggies and Dip

Tossed Salad

Small Caesar Salad

Macaroni Salad

Dinner Roll/Sliced Bread

Potato Chips: Plain or Sweet

Pretzels

Yogurt: Fruited or Vanilla

Greek Yogurt: Fruited or Vanilla

Cottage Cheese

String Cheese



SALAD ENTREES

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

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

Fresh Fruit Platter:

Cottage cheese, fresh fruit and blueberry mini muffins

Cobb Salad:

Romaine lettuce with grilled chicken, bacon, blue cheese, black olives and tomatoes

Hummus Platter:

Hummus with baby carrots, green peppers, cucumbers and cherry tomatoes served with sweet potato chips

BEVERAGES

Milk:

1%
Whole
Chocolate
Soy
Lactaid

Soda:

Pepsi
Diet Pepsi
Sierra Mist
Diet Sierra Mist
Orange

Coffee:

Decaf
Regular

Juice:

Orange
Apple
Cranberry
Grape
Fruit Punch
Prune

Tea:

Decaf
Regular
Iced-unsweetened
Green Tea

Hot Chocolate:

Regular
Sugar Free

Crystal Light:

Raspberry
Lemonade

HOT ENTREES

Grilled Boneless Chicken Breast

Grilled Chicken Sandwich

Chicken Fingers

Fried Chicken: White or Dark Meat

Fish Nuggets

Lemon Pepper Haddock

Macaroni & Cheese

Pizza: Cheese or Pepperoni

Pot Roast

Oven Baked Meatloaf

Spaghetti with Meatballs

Tofu Stuffed Ravioli with Tomato Sauce

Oven Roasted Turkey

CONDIMENTS

Mustard

Hot Sauce

Tartar Sauce

Brown Sugar

Mayonnaise

BBQ Sauce

Sour Cream

Cream Cheese

Ketchup

Honey Mustard

Lemon

Pancake Syrup

Relish

Sweet & Sour Sauce

Honey

FRUITS

Fresh Fruit Cup

Banana

Mandarin

Oranges

Grapes

Sliced

Apples

Applesauce

Sliced Pears or Peaches

Seasonal Fruit

Small Fresh Fruit Plate

Fruit Cocktail

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)

Pudding:

(Regular & Diet)
Chocolate or Vanilla

Water Ice:

Lemon, Orange and Cherry

Ice Cream Cup:

Chocolate or Vanilla

Sherbet Cup:

Raspberry or Lime

VEGETARIAN SPECIALS

MONDAY:

Lunch: Eggplant Parmesan

Dinner: Cheese Tortellini with Tomato Sauce

TUESDAY

Lunch: Tofu Stuffed Ravioli with Tomato Sauce

Dinner: Southwestern Wrap

WEDNESDAY

Lunch: Vegetarian Chili over Brown Rice

Dinner: Cheese Pizza

THURSDAY

Lunch: Pasta Primavera

Dinner: Hummus Platter

FRIDAY

Lunch: Black Bean Burger

Dinner: Stuffed Shells

SATURDAY:

Lunch: Grilled Portabella Mushroom Sandwich

Dinner: Tofu Stuffed Ravioli with Tomato Sauce

SUNDAY:

Lunch: Macaroni & Cheese

Dinner: Vegetable Stir Fry

GLUTEN FREE ITEMS

If you require a gluten free diet, a separate menu is available.



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, 3:30pm for dinner and 6:15pm for following morning's breakfast.

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 | Holidays: 6:30am – 6:30pm
Closed daily from 3:30pm – 4:00pm



Highland Hospital

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www.HighlandHospital.org