CREATE-A-MEAL SELECTIONS

Vegetables
- Green Beans
- Corn
- Baby Carrots
- Broccoli

Potatoes/Rice/Pasta
- Mashed Potatoes
- Baked Potato
- Mashed Sweet Potatoes
- Rice
- Stuffing
- Macaroni and Cheese
- Spaghetti

Sides
- Potato Chips
- Pretzels
- Cottage Cheese
- Hummus
- String Cheese
- Dinner Roll
- Sliced Bread
- Hard Boiled Egg

Desserts
- Fruit
- Yogurt
- Frosted Brownie
- Apple Pie
- Lemon Meringue Pie
- Chocolate Chip Cookie
- Vanilla Wafer
- Gelatin
- Ice Cream (chocolate, vanilla)
- Sherbet (raspberry, lime)
- Water Ice (lemon, orange, cherry)
- Pudding (chocolate: regular & reduced sugar; vanilla: regular & reduced sugar)

VEGETARIAN FEATURED MEALS

MONDAY
- Lunch: Southwestern Wrap
- Dinner: Eggplant Parmesan

TUESDAY
- Lunch: Veggie Delight Wrap
- Dinner: Cheese Tortellini with Tomato Sauce

WEDNESDAY
- Lunch: Vegetarian Chili over Brown Rice
- Dinner: Vegetarian Lasagna

THURSDAY
- Lunch: Hummus Platter
- Dinner: Pasta Primavera

FRIDAY
- Lunch: Black Bean Burger
- Dinner: Stuffed Shells

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

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

GUEST MEAL PROGRAM
For your convenience, we offer a guest meal program for lunch and dinner. Your guest’s meal will be delivered along with yours, allowing you and your guest to enjoy meals together.

What Can Be Ordered
Either the Featured Meal of the Day or Vegetarian Meal of the Day

How To Order
1. The guest goes to the cafeteria on the 1st level and pays for their meal at the cashier (cash or credit cards accepted); the cashier will give the guest a receipt
2. The guest goes to the Diet Office (Room 107, around the corner from the cafeteria) and places their order, using their receipt as proof of purchase

When To Order
- Lunch: before 10:45 am
- Dinner: before 3:30 pm

Cost of a Guest Meal: $7.00

DESSERTS, SIDES, AND VEGETABLES
- String Cheese
- Dinner Roll
- Sliced Bread
- Hard Boiled Egg
- Pudding (chocolate: regular & reduced sugar; vanilla: regular & reduced sugar)

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.

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 3:30 pm

SPECIFIC NEEDS
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

NOTE: If your doctor has ordered diet restrictions, some items listed on the menu may not be allowed.
WEEKLY MENU

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 Chicken French with Linguini french cut green beans, fruited gelatin
Dinner Lasagna Caesar salad, garlic toast, fruit cup, milk

WEDNESDAY
Breakfast Buttermilk Pancakes bacon, banana, peach 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

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, french cut green beans, 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

Entées
- Scrambled Eggs regular or low cholesterol
- Buttermilk Pancakes
- Cheese Omelet

Cereal
- Oatmeal
- Grits
- Special K
- Raisin Bran

Sides
- Home Fries
- Sausage
- Bacon

Baked Goods
- Toast wheat, white, rye
- English Muffin
- Bagel wheat, plain

Fruit
- Apple sauce
- Banana
- Blueberries
- Grapes
- Fruit Cup

Yogurt
- Blueberry
- Strawberry
- Peach

Beverages
- Milk white, 1% or whole, chocolate, Lactose Free, soy
- Coffee regular, decaffeinated
- Hot Tea regular, decaffeinated, green
- Hot Chocolate regular, reduced sugar

Soup
- Cream of Tomato
- Chicken Noodle
- Garden Vegetable

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

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

Available at all Meals

Breakfast
- Bagel wheat, white, plain
- Hot Tea regular, decaffeinated
- Coffee regular, decaffeinated
- Scrambled Eggs regular or low cholesterol

Lunch
- Bagel wheat, plain
- Hot Tea regular, decaffeinated
- Coffee regular, decaffeinated
- Scrambled Eggs regular or low cholesterol

Dinner
- Bagel wheat, plain
- Hot Tea regular, decaffeinated
- Coffee regular, decaffeinated
- Scrambled Eggs regular or low cholesterol

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
- Pasta
- Side or Soup

Dessert

Beverage

Does Not Contain Meat, Egg or Dairy