

CREATE-A-MEAL SELECTIONS

Vegetables 

- | | |
|--------------|---|
| Corn | Green Beans |
| Baby Carrots | Small Tossed Salad |
| Broccoli | Fresh Vegetable Plate
ranch dip optional |



Potatoes/Rice/Pasta

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

Sides

- | | |
|----------------|--|
| Potato Chips | String Cheese |
| Pretzels | Dinner Roll  |
| Cottage Cheese | Sliced Bread  |

Desserts

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



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

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

VEGETARIAN FEATURED MEALS

MONDAY

- Lunch Southwestern Wrap 
- Dinner Eggplant Parmesan

TUESDAY

- Lunch Tofu Ravioli with Tomato Sauce 
- 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 

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



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, peach slices, 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, pear slices
- 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

BREAKFAST

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

- Home Fries** (V)
- Sausage**
- Bacon**
- Hard Boiled Egg**
- Cottage Cheese**

Baked Goods

- Toast** (V)
wheat, white, rye
- Bagel** (V)
wheat, plain
- English Muffin** (V)
- Blueberry Muffin**

Fruit (V)

- Applesauce**
- Banana**
- Blueberries**
- Grapes**
- Fruit Cup**
- Mandarin Oranges**
- Peaches**
- Pears**
- Pineapple**
- Small Fruit Plate**

Yogurt

- Blueberry**
- Strawberry**
- 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®, Sierra Mist®, Orange, Diet Sierra Mist®
- Fruit Juice**
apple, orange, cranberry, grape, prune, fruit punch

AVAILABLE AT ALL MEALS

LUNCH & DINNER

CREATE-A-MEAL SELECTIONS

Soup

- Cream of Tomato**
- Chicken Noodle**
- Garden Vegetable** (V)
- Savory Squash** (V)
- Broth**
beef, chicken or vegetarian (V)

Hot Entrées

- Marinated Chicken Breast**
- Chicken Fingers**
- Roasted Turkey**
- Lemon Pepper Haddock**
- Fish Nuggets**
- Pot Roast**
- Meatloaf**
- Spaghetti with Meatballs**
- Macaroni and Cheese**
- Tofu Ravioli with Tomato Sauce** (V)
- Chorizo and Black Bean Enchilada** (V)

Grilled Entrées

- Hamburger/Cheeseburger**
- Garden Vegetable Burger** (V)
- Black Bean Burger** (V)
- Grilled Cheese**
- Grilled Ham and Cheese**
- Grilled Chicken Sandwich**
- Tuna Melt**

Sandwich and Wrap Entrées

- Meats**
turkey, roast beef, ham
- Cheese**
American, provolone, Swiss
- Egg Salad**
- Chicken Salad**
- Tuna Salad**
Bread Selection: white, wheat, rye
- Bacon Turkey Ranch Wrap**
- Peanut Butter and Jelly** (V)
- Veggie Delight Wrap** (V)
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

(V) Does Not Contain Meat, Egg or Dairy



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 | Fruit |
| Vegetable | Dessert |
| Potato/Rice/Pasta | Beverage |
| Side or Soup | |