CREATE-A-MEAL SELECTIONS

Vegetables
- Corn
- Baby Carrots
- Broccoli

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

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
- Hard Boiled Egg

We Care.
Our goal is to provide you meal choices that are nutritionally balanced and flavorful.
We hope you enjoy our meal program.

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. 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. 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

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 evening

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.

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
- Chicken Parmesan Sandwich: tossed salad, tropical fruit cup, chocolate chip cookie
**Lunch**
- Pot Roast with Gravy: garlic mashed potatoes, corn, peaches, sherbet, milk
**Dinner**
- Roast Pork Loin with Gravy: fresh vegetable plate, fruit cup

**TUESDAY**
**Breakfast**
- Garden Vegetable Quiche: home fries, fruit cup, strawberry yogurt, orange juice, coffee
**Lunch**
- Chicken French with Linguini: french cut green beans, fried gelatin
**Dinner**
- Lasagna: Caesar salad, garlic toast, fruit cup

**WEDNESDAY**
**Breakfast**
- Buttermilk Pancakes: bacon, banana, blueberry yogurt, orange juice, coffee
**Lunch**
- Chicken French with Linguini: french cut green beans, fried gelatin
**Dinner**
- Lasagna: Caesar salad, garlic toast, fruit cup

**THURSDAY**
**Breakfast**
- Baked Egg Casserole: mini blueberry muffins, mandarin oranges, apple, peach, apple, grape
**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: bacon, 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

**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

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**CREATE-A-MEAL SELECTIONS**

**Breakfast**
- Scrambled Eggs: regular or low cholesterol
- Buttermilk Pancakes: Cottage Cheese and Fruit Platter
- Cheese Omelet: Cottage Cheese and Fruit Platter

**Cereal**
- Oatmeal: Honey Nut Cheerios
- Grits: Rice Chex
- Special K: Granola
- Raisin Bran: Granola

**Sides**
- Home Fries: Hard Boiled Egg
- Sausage: Cottage Cheese
- Bacon: Cottage Cheese

**Baked Goods**
- Toast: English Muffin
- Bagel: Blueberry Muffin

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

**Yogurt**
- Blueberry: Raspberry
- Strawberry: Vanilla light, Greek or soy
- Peach:  

**Beverages**
- Milk: 1%, 2%, whole, chocolate, Lactose Free, soy
- Coffee: regular, decaffeinated
- Hot Tea: regular, decaffeinated, green
- Hot Chocolate: regular, reduced sugar

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**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

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**FEATURED MEALS**

**WEDNESDAY**
- Featured Meal: Create-a-Meal

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**LUNCH & DINNER**

**Entrées**
- Tofu Scramble
- French Toast
- Cottage Cheese and Fruit Platter

**Cereal**
- Honey Nut Cheerios
- Rice Chex
- Granola

**Sides**
- Home Fries
- Hard Boiled Egg
- Cottage Cheese

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**CREATE-A-MEAL SELECTIONS**

**Soup**
- Cream of Tomato
- Chicken Noodle
- Garden Vegetable

**Hot Entrées**
- Grilled Cheese
- Spaghetti with Meatballs or Plant Based Meatballs
- Macaroni and Cheese
- Vegetable Ravioli with Tomato Sauce
- Vegetarian Lasagna
- Lentil Loaf

**Grilled Entrées**
- Hamburger
- Cheeseburger
- Grilled Chicken Breast
- Grilled Ham and Cheese
- Grilled Chicken Sandwich
- Tuna Melt

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

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**Personal Pizza Entrées**
- Chicken Salad
- Tuna Salad
- Bacon Turkey Ranch Wrap
- Peanut Butter and Jelly
- Veggie Delight Wrap
- Lettuce, cucumber, onion, carrots, hummus, cheese optional

**Salad Entrées**
- Greek Salad with Tofu “Feta”
- Spicy Southwest Bean Salad
- Cilantro Southwest Bean Salad
- Greek Salad with Tofu “Feta”
- Cilantro Southwest Bean Salad

**Side or Soup**
- Macaroni and Cheese
- Plant Based Meatballs
- Spaghetti with Meatballs
- Meatloaf

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**Beverages**
- Unsweetened Iced Tea
- Soda: Pepsi, Diet Pepsi, Orange Crush, Starny, Zero Sugar Starny
- Fruit Juice: apple, orange, grape, prune, fruit punch

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**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

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**CREATE-A-MEAL ORDERING**

**You May Select One (1) of Each:**

- Entrée
- Vegetable
- Potato/Rice/Pasta
- Side or Soup

- Fruit
- Dessert
- Beverage
Gluten Free Menu Offerings
Please place your order for:
Breakfast: Call by 6:30 PM for the following morning’s breakfast
Lunch: Call before 10:45 AM
Dinner: Call before 3:45 PM
Following Items Available Everyday
Meal Service Information Please Call Ext: 37951

Breakfast Entrees (Available 7:30-9:15am)
- Hard Boiled Eggs, Scrambled Eggs
- Tofu Scramble
- Cinnamon Raisin Bread/Toast
- White Toast
- Blueberry Muffin
- Pancakes with Syrup
- Bacon, Sausage
- Rice Chex, Honey Nut Cheerios, Cream of Rice, Oatmeal

Hot Entrées
- Chicken Fingers
- Grilled Chicken Breast
- Roast Turkey
- Plain Baked Fish
- Hamburger Patty with GF Bun
- Pasta Primavera – Broccoli and Cauliflower, Tomato, Peppers, Mushrooms, Artichoke Hearts, Garlic and Oil
- Pasta with Marinara Sauce
- Cheese Pizza
- Spaghetti – No Sauce
- Hummus Platter – No Chips

Salad Entrées
- Grilled Chicken Salad
- Cranberry Walnut Grilled Chicken Salad
- Cilantro Southwest Bean Salad
- Greek Salad with Tofu “Feta”
- Dressings: Italian, Bleu Cheese, Caesar, Oil and Vinegar, 1000 Island, Balsamic Vinaigrette

Vegetables/Sides/Potatoes/Rice
- Sweet Corn
- Steamed Baby Carrots
- Green Beans
- Potatoes (Mashed, Sweet or Baked)
- Veggie Plate (carrots, cucumber and celery)
- Tossed Salad
- Potato Chips
- White Rice
- String Cheese
- Pretzels
- Hard Boiled Egg
- Yogurt: Fruited or Vanilla
- Greek Yogurt: Vanilla
- Cottage cheese
- Scoop of Hummus

Sandwiches
- Available on GF Oat Bread or Roll
- Turkey or Ham
- Provolone and Swiss cheese
- Lettuce, Tomato, Onion, and Dill Pickle Spear available
- Veggie Delight – Hummus, Cucumber, Lettuce, Carrots, Onion, choice of cheese
- BLT
- Peanut Butter and Jelly

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

Desserts
- Chocolate Chip Cookies
- Brownie
- Ice Cream: Chocolate or Vanilla
- Pudding: Chocolate or Vanilla
- Gelatin
- Sherbet Cup
- Water Ice: Lemon, Orange or Cherry

Beverages
- Juice: Apple, Grape, Orange, Prune, Fruit Punch
- Milk: 1%, Whole, Chocolate, Soy, Lactaid
- Coffee: Decaf or Regular
- Tea: Decaf, Regular, Iced-Unsweetened, Green Tea
- Soda: Pepsi, Diet Pepsi, Orange, Starry, Zero Sugar Starry

*Additional Featured Meal items may be available