CREATE-A-MEAL SELECTIONS

**Vegetables**
- Green Beans
- Small Tossed Salad
- Fresh Vegetable Plate (ranch dip optional)

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

**Sides**
- Potato Chips
- Pretzels
- Cottage Cheese
- String Cheese
- Dinner Roll
- Sliced Bread

**Desserts**
- Fruit
- Yogurt
- Frosted Brownie
- Apple Pie
- Lemon Meringue Pie
- Chocolate Chip Cookie
- Vanilla Wafers
- Gelatin
- Ice Cream
- Sherbet
- Water Ice
- Pudding
- Chocolate: regular & reduced sugar
- Vanilla: regular & reduced sugar

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**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: Macaroni & Cheese
- Dinner: Vegetable Stir Fry

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

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**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 items from Create-A-Meal selections

**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. 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

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**We Care.**
Our goal is to provide you with 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
**CREATE-A-MEAL SELECTIONS**

### Entrées
- Scrambled Eggs (regular or low cholesterol)
- Buttermilk Pancakes
- Cheese Omelet
- Tofu Scramble
- French Toast
- Cottage Cheese and Fruit Platter

### Sides
- Home Fries
- Sausage
- Bacon
- English Muffin
- Blueberry Muffin

### Baked Goods
- Toast (wheat, white, rye)
- Bagel (wheat, plain)

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

### Yogurt
- Blueberry
- 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)
- Crystal Light®
- Unsweetened Iced Tea
- Soda (Pepsi®, Diet Pepsi®, Sierra Mist®, Orange, Diet Sierra Mist®)
- Fruit Juice (apple, orange, cranberry, grape, prune, fruit punch)

### SUGGESTED SIDES FORiovate:
- Potato/Rice/Pasta
- Vegetable
- Meat
- Side or Soup
- Tomato Sauce
- Salsa Vegetable
- Salsa with Meatballs
- Tofu Ravioli
- Meatloaf
- Bacon Turkey Ranch Wrap
- Greek Salad with Tofu "Feta"
- Cranberry Walnut
- Chicken Noodle
- Spaghetti with Meatballs
- Macaroni and Cheese
- Chicken Marsala Sandwich
- Grilled Cheese
- Hamburger
- Turkey, roast beef, ham
- Grilled Chicken Salad
- Chicken Noodle
- Buttermilk Pancakes
- French Toast
- Tofu Scramble
- French Toast
- Cottage Cheese and Fruit Platter

**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**

**Soup**
- Savory Squash
- Broth (beef, chicken or vegetarian)

**Hot Entrées**
- Marinated
date, roast beef, ham
- Chicken Breast
- Chicken Fingers
- Roasted Turkey
- Lemon Pepper
- Haddock
- Fish Nuggets
- Pot Roast

**Sandwich and Wrap Entrées**
- Hamburger
- Cheeseburger
- Garden Vegetable
- Bacon Turkey Ranch Wrap
- Pepperoni
- Chicken Salad
- Tuna Salad
- Bread Selection: white, wheat, rye

**Personal Pizza Entrées**
- Cheese
- Pepperoni

**Salad Entrées**
- Grilled Chicken Salad
- mixed greens, tomatoes, cucumbers
- Cranberry Walnut
- grilled chicken breast, mixed greens, apples, Craisins®, walnuts
- Cottage Cheese and Fruit Platter
- Greek Salad with Tofu "Feta"
- mixed greens, cucumbers, tomatoes, red onions, tofu, Kalamata olives
- Cranberry Walnut
- Spaghetti with Meatballs
- Macaroni and Cheese
- Chicken Marsala Sandwich
- Grilled Cheese
- Hamburger
- Turkey, roast beef, ham
- Grilled Chicken Salad
- Chicken Noodle
- Buttermilk Pancakes
- French Toast
- Tofu Scramble
- French Toast
- Cottage Cheese and Fruit Platter

You May Select One (1) of Each:
- Entrée
- Vegetable
- Potatoes/Rice/Pasta
- Side or Soup
- Fruit
- Dessert
- Beverage

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**BREAKFAST**

- **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)

- **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 (bacon, banana, peach yogurt, orange juice, coffee)
  - Lunch: Goulash (broccoli, dinner roll, peas, 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, Alfredo sauce, garlic breadstick)
  - 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 cookie)
  - 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, 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)