

EVERYDAY ITEMS

DINNER SPECIALS

SOUPS

- ♥✓①

Chicken Noodle
- ♥✓①

Cream of Tomato
- ♥✓②

Chicken Broth
- ♥✓②

Vegetable Broth

DESSERTS

- ✓③

Chocolate Chip Cookies (2)
- ♥✓①

Apple Crisp
- ✓①

Vanilla Ice Cream
- ✓①

Chocolate Ice Cream
- ♥✓①

Orange Ice
- ♥✓①

Lemon Ice
- ♥✓①

Orange Gelatin
- ♥✓①

Lime Gelatin
- ♥✓②

Diet Gelatin
- ♥✓①

Vanilla Pudding
- ♥✓②

Chocolate Pudding
- ♥✓①

No Sugar Added Chocolate Pudding
- ♥✓①

No Sugar Added Vanilla Pudding

FRUIT

- ♥✓①

Apple
- ♥✓①

Grapes
- ♥✓①

Banana
- ♥✓①

Mandarin Oranges
- ♥✓①

Apple Sauce
- ♥✓①

Fruit Cup
- ♥✓①

Peaches

BEVERAGES

- ✓②

2% Milk
- ✓②

Whole Milk
- ♥✓①

Lactaid
- ♥✓①

Apple Juice
- ♥✓①

Cranberry Juice
- ♥✓②

Decaf Tea
- ♥✓①

Gatorade
- ♥✓②

Diet Pepsi
- ♥✓②

Ginger Ale
- ♥✓②

Lemonade
- ♥✓②

Decaf Coffee
- ♥✓②

Tea
- ♥✓②

Skim Milk
- ✓②

Chocolate Milk
- ♥✓①

Soy Milk
- ♥✓①

Orange Juice
- ♥✓①

Prune Juice
- ♥✓②

Unsweetened Tea
- ♥✓②

Pepsi
- ♥✓②

Sierra Mist
- ♥✓②

Diet Ginger Ale
- ♥✓②

Coffee
- ✓①

Hot Cocoa
- ♥✓②

Decaf Green Tea

SYMBOL KEY

- ♥

Symbol next to a menu item means that it can be ordered on a **Low Fat Diet**.
- ✓

Symbol next to a menu item means that it can be ordered on a **Low Sodium Diet**.
- 🍴

Symbol next to an entrée means that it is **Vegetarian**.
- ①

Carbohydrate Serving/Exchange is equal to 15 grams of carbohydrate.
- ②

The Consistant Carbohydrate Diet allows items noted by a green circle; choose a total of 5 servings (75 grams of carbs) per meal.

SUNDAY

- ENTREÉS (pick one)
- ♥✓①

Roast Turkey & Gravy
- ⑤

Spaghetti & Meatballs

- SIDES (pick two)
- ♥

②

Herb Dressing
- ♥✓③

Spaghetti
- ♥✓③

Steamed Broccoli
- ♥✓③

Roasted Zucchini

- SOUP
- ♥✓①

Beef Noodle

- DESSERT
- ✓②

Chocolate Cake

WEDNESDAY

- ENTREÉS (pick one)
- ✓①

Chicken French
- ♥✓③

Penne Pasta with Alfredo

- SIDES (pick two)
- ♥✓①

Penne Pasta
- ♥✓①

Mashed Potatoes
- ♥✓②

Roasted Broccoli & Carrot Blend
- ♥✓②

Roasted Carrots

- SOUP
- ✓②

Cream of Broccoli 🍴

- DESSERT
- ✓②

Cheescake Tart

FRIDAY

- ENTREÉS (pick one)
- ✓③

Fish & Chips
- ♥✓③

Pot Roast

- SIDES (pick two)
- ②

French Fries
- ✓②

Macaroni & Cheese
- ♥✓③

Garlic Roasted Green Beans
- ♥

①

Roasted Corn Salad

- SOUP
- ♥✓①

Pasta Fagioli

- DESSERT
- ✓③

Apple Pie

MONDAY

- ENTREÉS (pick one)
- ♥✓①

Lemon Baked Fish
- ✓②

Beef Brisket

- SIDES (pick two)
- ♥✓①

Rosemary Roasted Potatoes
- ♥✓②

Mashed Sweet Potato
- ♥✓②

Sautéed Oriental Blend

- SOUP
- ②

Italian Wedding

- DESSERT
- ✓④

Lemon Meringue Pie

THURSDAY

- ENTREÉS (pick one)
- ♥✓②

Homestyle Haddock
- ♥

③

Meat or Veggie Lasagna

- SIDES (pick two)
- ♥✓①

Rosemary Roasted Potatoes
- ♥

①

Roasted Sweet Potato & Veggie Blend
- ♥✓②

Steamed Broccoli

- SOUP
- ♥

①

Beef Barley

- DESSERT
- ✓②

Brownie

SATURDAY

- ENTREÉS (pick one)
- ♥✓①

Meatloaf
- ✓①

Broccoli & Cheddar Stuffed Chicken

- SIDES (pick two)
- ④

Scalloped Potatoes
- ♥✓②

Orzo and Vegetables
- ♥✓①

Bean & Carrot Blend
- ♥✓①

Lemon & Dill Slaw

- SOUP
- ♥✓①

Vegetarian Minestrone 🍴

- DESSERT
- ✓③

Carrot Cake

TUESDAY

- ENTREÉS (pick one)
- ②

Prime Rib with Au Jus
- ♥✓②

Chicken Marsala

- SIDES (pick two)
- ♥✓②

Baked Potato
- ②

Au Gratin Potatoes
- ♥✓②

Roasted Asparagus
- ♥✓①

Bean & Carrot Blend

- SOUP
- ♥✓①

Chicken & Rice

- DESSERT
- ♥✓①

Apple Crisp

SYMBOL KEY

- ♥

Symbol next to a menu item means that it can be ordered on a **Low Fat Diet**.
- ✓

Symbol next to a menu item means that it can be ordered on a **Low Sodium Diet**.
- 🍴

Symbol next to an entrée means that it is **Vegetarian**.
- ①

Carbohydrate Serving/Exchange is equal to 15 grams of carbohydrate.
- ②

The diabetic diet allows items noted by a green circle; choose a total of 5 servings (75 grams of carbs) per meal.



PATIENT MENU

For Regular, Low Fat and Low Sodium Diets

ORDERING YOUR MEAL

The Patient Menu Assistant will visit your room to assist you with making menu selections.

HAVE GUESTS?

Guests can purchase meal vouchers in advance at Café 601 or online at https://get.cbord.com/urmc/full/guest_entry.

Call 7-FOOD (7-3663) when you are ready to order. Our staff will deliver the guest tray to your bedside.

NUTRITION SERVICES

If you have questions about your therapeutic diet and what you can order, the PMA can assist you or contact a Registered Dietitian to explain further.



UR
MEDICINE

STRONG
MEMORIAL HOSPITAL

BREAKFAST

LUNCH SPECIALS

EVERYDAY ITEMS

DAILY SPECIALS

SUNDAY

♥✓✓③ Buttermilk Pancakes 🍳

MONDAY

♥✓✓① Sunrise Breakfast Scramble 🍳

TUESDAY

♥✓✓④ Cinnamon French Toast 🍳
♥✓✓② Cinnamon French Toast Lite

WEDNESDAY

♥✓✓③ Buttermilk Pancakes 🍳

THURSDAY

✓⑤ Belgian Waffle with Strawberry Topping 🍳

FRIDAY

♥✓✓④ Cinnamon French Toast 🍳
♥✓✓② Cinnamon French Toast Lite

SATURDAY

① Homestead Breakfast Scramble

EVERYDAY

EGGS

♥✓✓① Scrambled Eggs
♥✓✓① Hard-Boiled Eggs
✓✓① Cheese Omelet
✓① Western Omelet
② Egg and Cheese Breakfast Sandwich
② Bacon, Egg and Cheese Breakfast Sandwich
② Sausage, Egg and Cheese Breakfast Sandwich

MEATS

① Bacon
① Pork Sausage
♥ ① Chicken Sausage Links

CEREALS

♥✓✓① Grits
♥✓✓① Oatmeal
♥✓✓① Cream of Wheat
♥✓✓① Corn Flakes
♥✓✓① Cheerios
♥✓✓② Frosted Flakes
♥✓✓① Rice Krispies
♥✓✓① Raisin Bran
♥✓✓① Rice Chex

BREADS

♥✓✓② English Muffin
♥ ② Bagel

SIDES

② Home Fries
♥✓✓① Greek Yogurt
♥✓✓① Regular Fruit Yogurt

SYMBOL KEY

♥ Symbol next to a menu item means that it can be ordered on a **Low Fat Diet**.

✓ Symbol next to a menu item means that it can be ordered on a **Low Sodium Diet**.

🍴 Symbol next to an entrée means that it is **Vegetarian**.

① Carbohydrate Serving/Exchange is equal to 15 grams of carbohydrate.

① The Consistant Carbohydrate Diet allows items noted by a green circle; choose a total of 5 servings (75 grams of carbs) per meal.

SUNDAY

ENTREÉS (pick one)
♥✓✓① Garlic Herb Tilapia
① Chicken Cordon Bleu

SIDES (pick two)
♥✓✓② Baked Potato
① Cheesy Shredded Potatoes
♥✓✓① Steamed Broccoli
♥✓✓① Roasted Carrots

SOUP
♥✓✓① Beef Noodle

DESSERT
✓② Chocolate Cake

WEDNESDAY

ENTREÉS (pick one)
♥✓✓③ Chicken Stir Fry
♥✓✓③ Veggie Stir Fry
♥✓✓② Hot Roast Beef Sandwich

SIDES (pick two)
♥✓✓① White Rice
① Cheesy Shredded Potatoes
♥✓✓① Garlic Roasted Green Beans
♥✓✓① Bean & Carrot Blend

SOUP
✓① Cream of Broccoli 🍴

DESSERT
✓② Cheesecake Tart

SATURDAY

ENTREÉS (pick one)
♥✓✓① Honey Glazed Chicken
♥✓✓① Honey Citrus Cod

SIDES (pick two)
♥ ④ Fried Rice 🍴
♥ ① Roasted Corn Salad
♥✓✓① Roasted Asparagus

SOUP
♥✓✓① Vegetarian Minestrone 🍴

DESSERT
✓③ Carrot Cake

MONDAY

ENTREÉS (pick one)
♥ ② Chicken & Vegetable Orzo
✓③ BBQ Pulled Pork Sandwich

SIDES (pick two)
♥✓✓① Ancient Grains
♥✓✓① Mashed Potatoes
♥✓✓① Collard Greens
♥ ① Steamed Corn

SOUP
① Italian Wedding

DESSERT
✓④ Lemon Meringue Pie

THURSDAY

ENTREÉS (pick one)
③ Chicken & Biscuits
♥✓✓③ Turkey Burger w/ Cranberry Sage Mayo on Ciabatta

SIDES (pick two)
② French Fries
♥✓✓② Vegetable Orzo
♥✓✓① Lemon & Dill Slaw
♥✓✓① Roasted Zucchini

SOUP
♥ ① Beef Barley

DESSERT
✓② Brownie

TUESDAY

ENTREÉS (pick one)
✓③ Beef Stroganoff
✓② Stuffed Shells 🍴

SIDES (pick two)
② Garlic Roll
♥✓✓① Roasted Asparagus
♥✓✓① Roasted Summer Squash

SOUP
♥✓✓① Chicken & Rice

DESSERT
♥✓✓① Apple Crisp

FRIDAY

ENTREÉS (pick one)
✓② Eggplant Parmesan
③ Southwest Chicken Bowl
♥✓✓④ Veggie Burrito Bowl 🍴

SIDES (pick two)
♥✓✓① Penne Pasta
♥✓✓① Steamed Broccoli
♥ ① Roasted Sweet Potato & Veggie Blend

SOUP
♥✓✓① Pasta Fagioli

DESSERT
✓③ Apple Pie

GRILL

✓② Hamburger
② Cheeseburger
② Grilled Cheese Sandwich 🍴
③ Chicken Fingers
♥✓✓① Grilled Chicken Breast
♥✓✓② Grilled Chicken Breast Sandwich
✓② French Fries

DELI

SANDWICHES ON WHEAT BREAD (with lettuce and tomato)
♥ ② Turkey & Provolone
♥✓✓② Egg Salad
♥✓✓② Chicken Salad
♥✓✓② Ham & Swiss
♥ ② Tuna Salad

SANDWICHES ON WHITE BREAD (with lettuce and tomato)
♥ ② Turkey & Provolone
♥✓✓② Egg Salad
♥ ② Chicken Salad
♥ ② Ham & Swiss
♥ ② Tuna Salad

CONDIMENTS (served on the side)
♥✓✓① Mayo
♥✓✓① Mustard

SALADS

♥✓✓① Small Garden 🍴
✓① Small Greek 🍴
♥ ① Small Chicken Caesar
♥✓✓① Large Garden 🍴
✓① Large Greek 🍴
♥ ① Large Chicken Caesar

HOT SIDES

♥✓✓① Mashed Potatoes
♥✓✓① Brown Rice
♥✓✓① Turkey Gravy
♥✓✓① Dinner Roll
♥✓✓① White Rice
♥✓✓① Beef Gravy
✓④ Macaroni and Cheese 🍴

SNACKS

♥ ① Pretzels
♥✓✓① Baked Lays
✓① String Cheese
♥✓✓② Hummus 🍴
♥✓✓① Greek Yogurt
♥✓✓① Yogurt
♥✓✓① Baby Carrots

PLANT BASED OPTIONS

♥ ③ Black Bean Burger 🍴
✓② Beyond Burger 🍴
♥✓✓① Gardein Chick'n Tenders 🍴
♥ ③ Vegan Bolognese
♥✓✓② Vegetable & Bean Chili

