

EVERYDAY ITEMS

DINNER SPECIALS

SOUPS

- ♥✓✓

①

Chicken Noodle
- ♥✓✓

①

Cream of Tomato
- ♥✓✓

①

Chicken Broth
- ♥✓✓

①

Vegetable Broth

DESSERTS

- ✓✓

③

Chocolate Chip Cookies (2)
- ♥✓✓

①

Apple Crumble
- ✓✓

①

Vanilla Ice Cream
- ✓✓

①

Chocolate Ice Cream
- ♥✓✓

①

Orange Ice
- ♥✓✓

①

Lemon Ice
- ♥✓✓

①

Orange Gelatin
- ♥✓✓

①

Lime Gelatin
- ♥✓✓

①

Diet Gelatin
- ♥✓✓

①

Vanilla Pudding
- ♥✓✓

①

No Sugar Added Chocolate Pudding

FRUIT

- ♥✓✓

①

Apple
- ♥✓✓

①

Fruit Cup
- ♥✓✓

①

Banana
- ♥✓✓

①

Apple Sauce
- ♥✓✓

①

Peaches
- ♥✓✓

①

Pears

BEVERAGES

- ✓✓

2%

Milk
- ✓✓

Whole

Milk
- ♥✓✓

①

Lactaid
- ♥✓✓

①

Apple Juice
- ♥✓✓

①

Cranberry Juice
- ♥✓✓

①

Decaf Tea
- ♥✓✓

①

Gatorade
- ♥✓✓

①

Diet Pepsi
- ♥✓✓

②

Ginger Ale
- ♥✓✓

②

Lemonade
- ♥✓✓

①

Decaf Coffee
- ♥✓✓

①

Tea
- ♥✓✓

Skim

Milk
- ✓✓

②

Chocolate Milk
- ♥✓✓

①

Soy Milk
- ♥✓✓

①

Orange Juice
- ♥✓✓

①

Prune Juice
- ♥✓✓

①

Unsweetened Tea
- ♥✓✓

②

Pepsi
- ♥✓✓

②

Sierra Mist
- ♥✓✓

①

Diet Ginger Ale
- ♥✓✓

①

Coffee
- ✓✓

①

Hot Cocoa
- ♥✓✓

①

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

- ♥✓✓

⑤

Penne Pasta & Meatballs
- ♥✓✓

①

Steamed Broccoli
- ②

Garlic Roll
- Or
- ♥✓✓

①

Pot Roast
- ♥✓✓

①

Mashed Potatoes
- ♥✓✓

①

Roasted Carrots

SOUP

- ♥✓✓

①

Beef Noodle

DESSERT

- ✓✓

②

Chocolate Cake

WEDNESDAY

- ♥✓✓

①

Chicken French
- ♥✓✓

①

Penne Pasta
- ♥✓✓

①

Five Vegetable Medley
- Or
- ♥✓✓

④

Penne Alfredo
- ♥✓✓

①

Five Vegetable Medley
- ②

Garlic Roll

SOUP

- ✓✓

①

Cream of Broccoli

DESSERT

- ✓✓

②

Cheescake Tart

FRIDAY

- ♥✓✓

②

Fish Fry
- ②

Au Gratin Potatoes
- ♥✓✓

①

Roasted Carrots
- Or
- ✓✓

②

Chicken with Sundried Tomato Cream Sauce
- ♥✓✓

①

Penne Pasta
- ♥✓✓

①

Steamed Broccoli

SOUP

- ♥

①

Pasta Fagioli

DESSERT

- ✓✓

③

Apple Pie

MONDAY

- ♥

①

Santa Fe Chicken
- ♥

①

Wild Rice
- ♥✓✓

①

Steamed Broccoli
- Or
- ⑤

Vegetable Tortellini

SOUP

- ①

Italian Wedding

DESSERT

- ✓✓

④

Lemon Meringue Pie

THURSDAY

- ♥✓✓

③

Chicken & Biscuits
- ♥✓✓

①

Bean & Carrot Blend
- Or
- ♥✓✓

①

Chicken Marsala
- ♥✓✓

①

Rosemary Roasted Potatoes
- ♥✓✓

①

Bean & Carrot Blend

SOUP

- ♥

①

Beef Barley

DESSERT

- ✓✓

②

Brownie

SATURDAY

- ♥✓✓

①

Meatloaf
- ♥✓✓

①

Mashed Potatoes
- ♥✓✓

①

Five Vegetable Medley
- Or
- ♥✓✓

③

Stuffed Shells
- ♥✓✓

①

Five Vegetable Medley
- ②

Garlic Roll

SOUP

- ♥✓✓

①

Vegetarian Minestrone

DESSERT

- ✓✓

③

Carrot Cake

TUESDAY

- ♥✓✓

①

Beef Stew
- ♥✓✓

②

Baked Potato
- ♥✓✓

①

Green Beans
- Or
- ♥✓✓

①

Bruschetta Salmon
- ♥

①

Wild Rice
- ♥✓✓

①

Green Beans

SOUP

- ♥✓✓

①

Chicken & Rice

DESSERT

- ♥✓✓

①

Apple Crumble

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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.



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

✓① Cheese Omelet

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
② Build Your Own Breakfast Sandwich

MEATS

① Bacon
① Pork Sausage
♥ ① Chicken Sausage Links

CEREALS

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

BREADS

② Danish
② Croissant

SIDES

♥ ② Breakfast Potatoes with Peppers and Onions
♥♥✓① Greek Yogurt (Plain, Blueberry or Strawberry)
♥♥✓① Regular Fruit Yogurt (Cherry, Vanilla or Peach)

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SUNDAY

① Crispy Chicken Salad with Choice of Dressing
Or
① Chicken Cordon Bleu
♥♥✓② Baked Potato
♥♥✓① Roasted Zucchini

SOUP

♥♥✓① Beef Noodle

DESSERT

✓② Chocolate Cake

WEDNESDAY

♥♥✓③ Cranberry Chicken Salad
Croissant with Choice of Side
Or
♥♥✓② Hot Roast Beef Sandwich
♥♥✓① Rosemary Roasted Potatoes
♥♥✓① Roasted Yellow Squash

SOUP

✓① Cream of Broccoli

DESSERT

✓② Cheescake Tart

SATURDAY

♥ ④ Turkey Club Ciabatta with Choice of Side
Or
♥♥✓① Honey BBQ Chicken
♥♥✓① Rice Pilaf
♥♥✓① Steamed Broccoli

SOUP

♥♥✓① Vegetarian Minestrone 🍴

DESSERT

✓③ Carrot Cake

MONDAY

① Chef Salad with Choice of Dressing
Or
✓③ BBQ Chicken Sandwich
♥ ① Steamed Corn
♥♥✓② Mashed Sweet Potato

SOUP

① Italian Wedding

DESSERT

✓④ Lemon Meringue Pie

THURSDAY

♥♥✓① Mediterranean Chicken Salad
Or
④ Meatball Sub
♥♥✓① Steamed Broccoli

SOUP

♥ ① Beef Barley

DESSERT

✓② Brownie

TUESDAY

♥♥✓① Chicken Taco Salad with Choice of Dressing
Or
♥ ① Open Face Turkey Sandwich
♥♥✓① Mashed Potatoes
♥♥✓① Bean & Carrot Blend

SOUP

♥♥✓① Chicken & Rice

DESSERT

♥♥✓① Apple Crumble

FRIDAY

④ Chicken Pesto on Focaccia with Choice of Side
Or
♥♥✓② Turkey Chili
♥♥✓① Green Beans
② Cornbread

SOUP

♥ ① Pasta Fagioli

DESSERT

✓③ Apple Pie



PLANT BASED OPTIONS

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

GRILL

✓② Hamburger
② Cheeseburger
② Grilled Cheese Sandwich 🍳
♥♥✓① Grilled Chicken Breast
♥♥✓② Grilled Chicken Breast Sandwich
③ Chicken Fingers

DELI

SANDWICHES (with lettuce and tomato)
♥ ② Turkey & Provolone on White
♥ ② Ham & Swiss on White
♥♥✓② Egg Salad on White
♥♥✓② Chicken Salad on Wheat
♥ ② Tuna Salad on Wheat
♥♥✓② Turkey on Wheat

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

SIDE SALADS

♥♥✓① Garden 🍴
✓① Chef Salad
♥ ① Chicken Caesar
✓① Macaroni Salad

HOT SIDES

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

SNACKS

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