

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  |
| Hummus  | Hard Boiled Egg |

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

NOTE: If your doctor has ordered diet restrictions, some items listed on the menu may not be allowed.

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. 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


We Care.

Our goal is to provide you meal choices that are nutritionally balanced and flavorful.


We hope you enjoy our meal program.

VEGETARIAN FEATURED MEALS

MONDAY

- Lunch Southwestern Wrap 
Dinner Eggplant Parmesan



TUESDAY

- Lunch Veggie Delight Wrap 
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 

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www.highland.urmc.edu



WEEKLY MENU

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, peaches, 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**
french cut green beans, 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, pears
- 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, 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






BREAKFAST

CREATE-A-MEAL SELECTIONS

Entrées

- Scrambled Eggs**
regular or low cholesterol
- Buttermilk Pancakes**
- Cheese Omelet**
- Tofu Scramble** 
- French Toast**
- Cottage Cheese and Fruit Platter**




Cereal

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

Sides

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

Baked Goods


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

Fruit




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

Yogurt

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

Beverages

- Milk**
white, 1% or whole, chocolate, Lactose Free, soy 
- Coffee**
regular, decaffeinated
- Hot Tea**
regular, decaffeinated, green
- Hot Chocolate**
regular, reduced sugar
- Unsweetened Iced Tea**
- Soda**
Pepsi®, Diet Pepsi®, Orange Crush®, Starry®, Zero Sugar Starry®
- Fruit Juice**
apple, orange, grape, prune, fruit punch

 **Does Not Contain Meat, Egg or Dairy**

AVAILABLE AT ALL MEALS





LUNCH & DINNER

CREATE-A-MEAL SELECTIONS



Soup

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

Hot Entrées

- Grilled Chicken Breast**
- Chicken Fingers**
- Roasted Turkey**
- Lemon Pepper Haddock**
- Fish Nuggets**
- Pot Roast**
- Meatloaf**
- Spaghetti with Meatballs or Plant Based Meatballs** 
- Macaroni and Cheese**
- Vegetable Ravioli with Tomato Sauce** 
- Vegetarian Lasagna** 
- Mushroom Stroganoff** 

Grilled Entrées

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




Sandwich Entrées

- Breads**
white, wheat, rye
- Meats**
turkey, roast beef, ham
- Cheese**
American, provolone, Swiss
- Egg Salad**
- Chicken Salad**
- Tuna Salad**
- Bacon Turkey Ranch Wrap**
- Peanut Butter and Jelly** 
- Veggie Delight Wrap** 
- 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**
- Salad Dressings**
Italian, Balsamic Vinaigrette, Thousand Island, Ranch, Caesar, Blue Cheese, Oil & Vinegar
- Greek Salad with Tofu "Feta"** 
- mixed greens, cucumbers, tomatoes, red onions, tofu, Kalamata olives
- Cilantro Southwest Bean Salad** 
- mixed greens, corn, peppers, onion, celery, black beans, cannellini beans, garbanzo beans, cilantro
- Hummus Platter** 
- hummus, carrots, cherry tomatoes, green peppers, pita chips



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 | |