



University of Connecticut
Health Center

To place your meal order please dial

MEAL (ext. 6325)

Room Service is available from

6:30am-6:30pm

Your order will arrive within 45 minutes

We will make every effort to accommodate religious & cultural preferences.

HOT ENTREES:

Grilled Chicken

Panko & Dijon Crusted Tilapia (1 CHO) Pot Roast

Chicken Parmesan Chicken Marsala (1 CHO)

Meatloaf (1 CHO) Turkey w/ Stuffing & Gravy (2 CHO)

Turkey Pot Pie (2 CHO) ■ Macaroni & Cheese (3 CHO)

■ **Pasta:** Rotini or ♥ Whole Wheat Penne w/ your choice of:

■ Marinara/Pesto

(Side order= 1 CHO Entrée= 2 CHO)

■ Southwest Vegetarian Chili (2 CHO)

From the Grill:

Grilled Chicken Sandwich (2 CHO) Hamburger (2 CHO)

Turkey Burger (2 CHO) Cheeseburger (2 CHO)

■ Grilled Cheese: Plain or add Tomato (2 CHO)

ACCOMPANIMENTS:

■ Carrots ■ California Blend Vegetables

■ Broccoli ■ Green Beans

■ Mashed Potatoes (1 CHO) ■ White Rice (1 CHO)

■ Baked Sweet Potato (2 CHO) Rice Pilaf (1 CHO)

■ Butternut Squash (1 CHO) ■ Corn (1 CHO)

Breadstick (1.5 CHO)

Baked Potato Chips (2 CHO) Dinner Roll (1 CHO)

Cardiac &

Consistent Carbohydrate Menu

CHO= Carbohydrate

SOUPS & SALADS

Chicken Noodle ■ Tomato ■ Garden Vegetable
(each serving = 1 CHO)

Chicken Broth Beef Broth

■ Cottage Cheese

■ Tossed Salad (*Oil & Vinegar/Lowfat Italian/Lowfat French*)

COLD ENTREES:

Chicken Caesar Salad (1 CHO)

(*Oil & Vinegar/Lowfat Italian/Lowfat French*)

■ Cottage Cheese Fruit Plate (2 CHO)

DELI BAR ~ Create your own custom sandwich

Salad

Meats

Cheeses

Tuna Salad

Turkey

■ Swiss

Chicken Salad

Roast Beef

■ Peanut Butter & Diet Jelly

Breads White, Wheat, Rye (each slice = 1 CHO)

Kaiser Roll (2 CHO)

Extras: Lettuce, Tomato, Onion

■ ***indicates a vegetarian menu item***

BEVERAGES:

Coffee/Decaf Coffee Tea/Decaf Tea/Herbal Tea
Sugar-Free Hot Cocoa (1 CHO) Iced Tea Ice Water

Milk: Skim, 2%, Lactaid, ■Vanilla Soymilk
8oz= 1 CHO 4oz= 0.5 CHO

Juice: Apple, Cranberry, Orange, Prune, V-8 (each 1 CHO)

Soda: Diet Coke, Diet Sprite, Diet Gingerale

BREAKFAST ITEMS:

Scrambled Eggs	Hard Boiled Egg
Egg Substitute	Turkey Sausage
French Toast (1CHO)	Pancakes (2 CHO)
Cream of Wheat (1 CHO)	Oatmeal (1 CHO)
English Muffin (2 CHO)	Bagel (2CHO)
Blueberry Mini Muffin(1 CHO)	Corn Mini Muffin (1 CHO)
Breakfast Potatoes (1 CHO)	

- Omelet made to order: your choice of –
Onions, peppers, mushroom, tomato, cheese
- Egg & Cheese Breakfast Sandwich (2 CHO)
- Breakfast Burrito: Eggs, Cheese, Salsa in a Wrap
(2 CHO)

Special K Cheerios Rice Krispies
Raisin Bran (2 CHO)

DESSERTS: (each serving = 1 CHO)

Angel Food Cake

Sugar-Free Pudding: Chocolate, Vanilla

Fresh Fruit ■: Apple, Banana, Orange,
Grapes, Pineapple, Prunes

Fresh Fruit Cup (Honeydew, Cantaloupe, Grapes)

Canned Fruit ■: Peaches, Pears, Applesauce

Diet Gelatin Light Yogurt Custard

Lorna Doones Graham Crackers Vanilla Wafers

CONDIMENTS:

Margarine Pepper Herb Seasoning Lemon
Ketchup/Lowfat Mayo/Mustard/BBQ Sauce /Relish
Sugar Substitute Non-dairy creamer
Lite Cream Cheese Diet Jelly

The goal of our Food and Nutrition staff is to prepare and serve quality food.

Nutrition is an important part of your recovery process, and our Food and Nutrition Department welcomes your feedback.

In an effort to exceed your dining expectations, we consistently monitor three specific areas of our food service:

- 1.) The quality of your food.
- 2.) The temperature of your food.
- 3.) The courtesy of our staff delivering your trays and taking your phone order.

During your stay, we appreciate any comments or suggestions regarding our food service.

Questions? Comments? Please call Ext. 6325



Patients are **THE HEART** of everything we do.