



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)
- Chicken Parmesan (1 CHO)
- Meatloaf (1 CHO)
- Turkey Pot Pie (2 CHO)
- ♥ Chicken Marsala (1 CHO)
- Turkey w/ Stuffing & Gravy (2 CHO)
- Macaroni & Cheese (3 CHO)
- Pot Roast

- **Pasta:** Rotini or ♥ Whole Wheat Penne w/ your choice of:
  - ♥ Marinara/Garlic Butter/Pesto/Meatballs
  - (Side order= 1 CHO Entrée= 2 CHO)

- General Tso Vegetarian Stir Fry w/ White Rice (2 CHO)
- ♥ Southwest Vegetarian Chili (2 CHO)

**From the Grill:**

- ♥ Grilled Chicken Sandwich (2 CHO)
- Chicken Tenders (1 CHO)
- Hot Dog (2 CHO)
- Fish Sandwich (3 CHO)
- Pepperoni Pizza (5 CHO)
- BLT (2 CHO)
- Grilled Cheese: Plain or add Ham or Tomato (2 CHO)
- Hamburger (2 CHO)
- Cheeseburger (2 CHO)
- Turkey Burger (2 CHO)
- Veggie Burger (3 CHO)
- Cheese Pizza (5 CHO)

**Consistent Carbohydrate Menu**

**CHO= Carbohydrate**

**SOUPS & SALADS**

- Chicken Noodle
- Tomato
- Garden Vegetable
- Cream of Broccoli
- (each serving = 1 CHO)

- Chicken Broth
- Beef Broth

- ♥ Cottage Cheese
- Coleslaw
- ♥ Tossed Salad (*Italian/Ranch/French/Caesar/Oil & Vinegar/Lowfat Italian/Lowfat French*)

**COLD ENTREES:**

- Chicken Caesar Salad (1 CHO)
- Chef Salad
- (*Italian/Ranch/French/Caesar/Oil & Vinegar/Lowfat Italian/Lowfat French*)
- ♥ Cottage Cheese Fruit Plate (2 CHO)

**DELI BAR ~ Create your own custom sandwich**

- | <b><i>Salad</i></b>   | <b><i>Meats</i></b> | <b><i>Cheeses</i></b> |
|---|---------------------|-----------------------|
| Tuna Salad  | ♥ Turkey            | ■ American            |
| Chicken Salad   | Roast Beef          | ■ Swiss               |
| ■ Egg Salad   | Ham                 | ■ Provolone           |
| <b><i>Breads</i></b> White, ♥ Wheat, Rye (each slice = 1 CHO) |                     |                       |
| Kaiser Roll (2 CHO)   | Hoagie Roll (3 CHO) |                       |
| ■ Peanut Butter & Jelly Turkey Club (w/bacon)                 |                     |                       |
| <b><i>Extras:</i></b> Lettuce, Tomato, Onion, Pickle          |                     |                       |

- ♥ *indicates a heart healthy menu item*
- *indicates a vegetarian menu item*

## ACCOMPANIMENTS:

■♥Carrots                    ■♥California Blend Vegetables  
■♥Broccoli                    ■♥Green Beans  
■♥Mashed Potatoes(1CHO)   ■♥White Rice (1 CHO)  
■♥Baked Sweet Potato(2 CHO)   Rice Pilaf (1 CHO)  
■♥Butternut Squash (1 CHO)   ■♥Corn (1 CHO)  
Breadstick (1.5 CHO)           Potato Chips (0.5 CHO)  
♥Baked Potato Chips (2 CHO)   Dinner Roll (1 CHO)

## BEVERAGES:

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

**Milk:** ♥Skim, 2%, Whole,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              Fried Egg              Hard Boiled Egg  
   ♥Egg Substitute

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

French Toast (1CHO)              Pancakes (2 CHO)  
♥Cream of Wheat (1 CHO)       ♥Oatmeal (1 CHO)  
Breakfast Potatoes (1 CHO)      Croissant (2 CHO)  
Blueberry Mini Muffin(1 CHO)      Bagel (2 CHO)  
Corn Mini Muffin (1 CHO)      English Muffin (2 CHO)  
♥Special K      ♥Cheerios      ♥Rice Krispies      (1 CHO Each)  
♥Raisin Bran (2 CHO)

## DESSERTS: (each serving = 1 CHO)

♥Angel Food Cake                      Pound Cake (2 CHO)

**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:

Butter / Margarine      Salt / Pepper      Lemon

Ketchup / Mayo / Lowfat Mayo / Mustard

BBQ Sauce / Relish / Tartar Sauce / Soy Sauce

Sugar Substitute      Creamer / Non-dairy creamer

Cream Cheese / Lite Cream Cheese      Diet Jelly

Herb Seasoning      Sour Cream      Parmesan Cheese

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.

