



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 Pot Roast
- ♥Chicken Marsala(1 CHO) Meatloaf (1 CHO)
- Panko & Dijon Crusted Tilapia (1 CHO)
- Turkey w/Stuffing & Gravy(2 CHO)
- Macaroni & Cheese (3 CHO)

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

From the Grill: (2 CHO EACH)

- ♥Grilled Chicken Sandwich Hamburger
- Turkey Burger Cheeseburger
- Grilled Cheese

ACCOMPANIMENTS:

- ♥Carrots ■♥California Blend Vegetables
- ♥Broccoli ■♥Green Beans

(1 CHO each)

- ♥White Rice Breadstick Dinner Roll
- ♥Corn

Consistent Carbohydrate/Renal
Menu
CHO= Carbohydrate

SOUPS & SALADS

Chicken Noodle (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 & Canned Fruit Plate (2 CHO)
- Chef Salad

DELI BAR ~ Create your own custom sandwich

<i>Salad</i>	<i>Meats</i>	<i>Cheeses</i>
Tuna Salad	♥Turkey	■Swiss
Chicken Salad	Roast Beef	
Egg Salad		

- Peanut Butter & Jelly

Breads White, ♥Wheat, Rye, (each slice = 1 CHO)
Kaiser Roll (2 CHO)

Extras: Lettuce, Onion

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

BEVERAGES:

Coffee/Decaf Coffee

Tea/Decaf Tea/Herbal Tea Iced Tea

Sugar-Free Hot Cocoa (**1 CHO**) Ice Water

Milk: ♥Skim, 2%, Whole, Lactaid, ■Vanilla Soymilk

(8oz= 1 CHO 4oz= 0.5 CHO)

♥Juice: Apple, Cranberry (**each 1 CHO**)

Soda: Diet Coke, Diet Sprite, Diet Gingerale

BREAKFAST ITEMS:

Scrambled Eggs

Hard Boiled Egg

♥Egg Substitute

Turkey Sausage

French Toast (**1 CHO**)

Pancakes(**2 CHO**)

♥Cream of Wheat (**1 CHO**) ♥Oatmeal(**1 CHO**)

English Muffin (**2 CHO**) Bagel (**2 CHO**)

Blueberry Mini Muffin (**1 CHO**)

Corn Mini Muffin (**1 CHO**)

- Omelet made to order: your choice of –
Onions, peppers, mushroom, cheese
- Egg & Cheese Breakfast Sandwich (**2 CHO**)

♥Special K

♥Cheerios

♥Rice Krispies

(each 1 CHO)

DESSERTS:(Each 1 CHO)

♥Angel Food Cake

Diet Pudding: Chocolate, Vanilla

Fresh Fruit ■♥: Apple, Grapes, Pineapple

Canned Fruit ■♥: Peaches, Pears, Applesauce

Lorna Doones ♥Graham Crackers ♥Vanilla Wafers

Pound Cake(**2 CHO**)

♥ Diet Gelatin (**free**)

CONDIMENTS:

Margarine Pepper Herb Seasoning Lemon

Mayo/Lowfat Mayo/Mustard/Relish

Sugar Substitute

Creamer/Non-dairy creamer

Cranberry Sauce 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.