



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	Pot Roast
Chicken Parmesan	Chicken Marsala
Meatloaf	Turkey w/Stuffing & Gravy
Turkey Pot Pie	■ Macaroni & Cheese

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

■ Southwest Vegetarian Chili

**From the Grill:**

Grilled Chicken Sandwich	Hamburger
Turkey Burger	Cheeseburger
■ Grilled Cheese: Plain or add Tomato	

**ACCOMPANIMENTS:**

■ Carrots	■ California Blend Vegetables
■ Broccoli	■ Green Beans
■ Mashed Potatoes	■ White Rice
■ Baked Sweet Potato	Rice Pilaf
■ Butternut Squash	■ Corn
Breadstick	Baked Potato Chips
	Dinner Roll

**Cardiac Menu**

**SOUPS & SALADS**

Chicken Noodle	■ Tomato	■ Garden Vegetable
Chicken Broth	Beef Broth	
■ Cottage Cheese		
■ Tossed Salad ( <i>Oil &amp; Vinegar/Lowfat Italian/Lowfat French</i> )		

**COLD ENTREES:**

Chicken Caesar Salad  
*(Oil & Vinegar/Lowfat Italian/Lowfat French)*  
 ■ Cottage Cheese Fruit Plate

**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	■ Swiss
Chicken Salad	Roast Beef	
■ Peanut Butter & Jelly		

***Breads*** White, Wheat, Rye, Kaiser Roll

***Extras:*** Lettuce, Tomato, Onion

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

## **BEVERAGES:**

Coffee/Decaf Coffee    Tea/Decaf Tea/Herbal Tea  
Hot Cocoa/Sugar-Free Hot Cocoa    Iced Tea    Ice Water

**Milk:** Skim, 2%, Lactaid, ■Vanilla Soymilk

**Juice:** Apple, Cranberry, Orange, Prune, V-8

**Soda:** Coke/Diet Coke, Sprite/Diet Sprite, Gingerale/Diet Gingerale

## **BREAKFAST ITEMS:**

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

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

Special K    Cheerios    Rice Krispies  
Raisin Bran    Frosted Flakes

## **DESSERTS:**

Angel Food Cake

**Diet Pudding:** Chocolate, Vanilla

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

Fresh Fruit Cup (Honeydew, Cantaloupe, Grapes)

**Canned Fruit ■:** Peaches, Pears, Applesauce

**Italian Ice:** Lemon, Watermelon, Cherry

**Sherbet:** Raspberry, Orange

Gelatin/Diet Gelatin    Light Yogurt    Custard

Lorna Doones    Graham Crackers    Vanilla Wafers

## **CONDIMENTS:**

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