



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:**

Panko & Dijon Crusted Tilapia                      Pot Roast  
Turkey w/ Stuffing & Gravy                      ♥Chicken Marsala  
                                                                                 Turkey Pot Pie

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

■ General Tso Vegetarian Stir Fry served over White Rice  
    ■ ♥Southwest Vegetarian Chili

### **From the Grill:**

♥Grilled Chicken Sandwich                      Chicken Tenders  
■Veggie Burger                      Hamburger                      Turkey Burger  
BLT                      Fish Sandwich                      Hot Dog

### **SOUPS & SALADS:**

Chicken Noodle                      ■ Tomato                      ■ Garden Vegetable  
Chicken Broth                      Beef Broth

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

## **LACTOSE FREE DIET**

### **COLD ENTREES:**

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

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

#### **Salad**

Tuna Salad  
■ Egg Salad  
Chicken Salad

#### **Meats**

♥Turkey  
Roast Beef  
Ham

**Breads** White, ♥Wheat, Rye, Kaiser Roll, Hoagie Roll  
    ■ Peanut Butter & Jelly                      Turkey Club (w/bacon)

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

### **ACCOMPANIMENTS:**

■♥Baked Sweet Potato  
Curly Fries    French Fries    ■♥White Rice    Rice Pilaf  
■♥Green Beans    ■♥Butternut Squash    ■♥Carrots  
■♥Broccoli    ■♥California Blend Vegetables    ■♥Corn  
Breadstick    Regular/♥Baked Potato Chips    Dinner Roll

### **BEVERAGES:**

Coffee/Decaf Coffee                      Tea/Decaf Tea/Herbal Tea  
                                                                                 Iced Tea    Ice Water

**Milk:** Lactaid, ■Soymilk

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

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

♥ *indicates a heart healthy menu item*

■ *indicates a vegetarian menu item*

## **BREAKFAST ITEMS:**

Scrambled Eggs   Fried Egg   Hard Boiled Egg  
♥Egg Substitute  
Sausage   Bacon   Turkey Sausage  
French Toast  
♥Cream of Wheat   ♥Oatmeal  
English Muffin   Croissant  
Corn Mini Muffin  
Breakfast Potatoes   Bagel

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

♥Rice Krispies   Frosted Flakes  
♥Raisin Bran   ♥Special K   ♥Cheerios

## **DESSERTS:**

**Angel Food Cake**

**Cookies:** Chocolate Chip, Peanut Butter

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

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

Fresh Fruit Cup (Honeydew, Cantaloupe, Grapes)

Prunes

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

♥Gelatin/Diet Gelatin   Lorna Doones   ♥Graham Crackers

***Remember to order condiments when placing order!***

## **CONDIMENTS:**

Margarine   Salt / Pepper   Honey   Lemon  
Ketchup / Mayo / Lowfat Mayo/Mustard  
Sugar/Sugar Substitute   Non-dairy creamer  
BBQ Sauce / Relish / Tartar Sauce / Soy Sauce  
Jelly/Diet Jelly   Cranberry Sauce   Saltines

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 with any concerns.



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