



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:

- | | |
|---|--------------------|
| Baked Tilapia | Meatloaf |
| Turkey w/Stuffing & Gravy | ■Macaroni & Cheese |
| Pot Roast | Chicken Marsala |
| ■Pasta: Rotini w/ your choice of: | |
| ■Marinara/Garlic Butter/Pesto/Meatballs | |

From the Grill:

- | | | |
|-----------------|--------------|-----------------|
| ■Grilled Cheese | | Grilled Chicken |
| Hamburger | Cheeseburger | Turkey Burger |

SOUPS & SALADS:

- | | |
|----------------|------------|
| Chicken Noodle | ■Tomato |
| Chicken Broth | Beef Broth |

- ♥Cottage Cheese

LOW RESIDUE/LOW FIBER DIET

COLD ENTREES:

- ♥Cottage Cheese & Canned Fruit Plate

DELI BAR ~ Create your own custom sandwich

Salad

Tuna Salad

■Egg Salad

Chicken Salad

Cheeses

■American

■Swiss

■Provolone

Meats

Ham

Turkey

Roast Beef

Breads White, Rye, Kaiser Roll,

■Peanut Butter & Jelly

ACCOMPANIMENTS:

■♥Mashed Potatoes

■♥Green Beans ■♥Butternut Squash ■♥Carrots
Dinner Roll

BEVERAGES:

Coffee/Decaf Coffee Tea/Decaf Tea/Herbal Tea

Hot Cocoa/Sugar-Free Hot Cocoa

Iced Tea Ice Water

Milk: ♥Skim, 2%,Whole, Chocolate, Lactaid, ■Soy milk

♥Juice: Apple, Cranberry, Orange

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 ♥ Egg Substitute
French Toast Pancakes
♥ Cream of Wheat
Croissant Blueberry Mini Muffin
Omelet made to order: Plain or with cheese
Turkey Sausage

♥ Fruited Yogurt/Lite Yogurt/Plain Yogurt

Cheerios Rice Krispies Frosted Flakes
Special K

DESSERTS:

Frosted Vanilla Cake Pound Cake
Frosted Chocolate Cake ♥ Angel Food Cake
Sherbet ♥: Raspberry, Orange
Pudding: Chocolate, Vanilla
Ice Cream: Vanilla, Chocolate, Strawberry
Italian Ice: Cherry, Watermelon, Lemon
Fresh Fruit ■♥: Banana
Canned Fruit ■♥: Peaches, Pears, Applesauce
♥ Gelatin/Diet Gelatin ♥ Yogurt/Light Yogurt ♥ Custard
Chocolate Chip Cookie

Remember to order condiments when placing order!

CONDIMENTS:

Butter / Margarine Salt / Pepper Honey Lemon
Ketchup / Mayo / Lowfat Mayo/Mustard
Sugar/Sugar Substitute Creamer/Non-dairy creamer
BBQ Sauce / Relish / Tartar Sauce / Soy Sauce
Cream Cheese/Lite Cream Cheese Jelly/Diet Jelly
Sour Cream Parmesan Cheese Cranberry Sauce

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.

