



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 |
|-----------------|-----------------|

**SOUPS & SALADS:**

- |                  |            |
|------------------|------------|
| Chicken Noodle   | ■Tomato    |
| Chicken Broth    | Beef Broth |
| ■♥Cottage Cheese |            |

**MECHANICAL SOFT DIET**

**COLD ENTREES:**

- ♥Cottage Cheese Fruit Plate

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

**Salad**

Tuna Salad

■Egg Salad

Chicken Salad

**Cheeses**

■American

■Swiss

■Provolone

**Breads** White, ♥Wheat

■Peanut Butter & Jelly

**ACCOMPANIMENTS:**

- |                   |                      |
|-------------------|----------------------|
| ■♥Mashed Potatoes | ■♥Baked Sweet Potato |
| ■♥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, ■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                      ♥Egg Substitute  
French Toast                              Pancakes  
♥Cream of Wheat                      ♥Oatmeal  
Croissant                      Blueberry Mini Muffin  
Omelet made to order: Plain or with cheese

♥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

*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.