



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

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

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

From the Grill:

♥ Grilled Chicken Sandwich	Chicken Tenders
Cheeseburger	■ Veggie Burger
Turkey Burger	Pepperoni Pizza
	■ Cheese Pizza
Fish Sandwich	Hot Dog

■ Grilled Cheese: Plain or add Ham

SOUPS & SALADS:

Chicken Noodle	■ Tomato	■ Garden Vegetable
Chicken Broth	Beef Broth	■ Cream of Broccoli

■ ♥ Cottage Cheese

NEUTROPENIC DIET

COLD ENTREES:

■ ♥ Cottage Cheese & Canned Fruit Plate

DELI BAR ~ Create your own custom sandwich

Salad

Tuna Salad

■ Egg Salad

Chicken Salad

Meats

♥ Turkey

Roast Beef

Ham

Cheeses

■ American

■ Swiss

■ Provolone

Breads White, ♥ Wheat, Rye, Kaiser Roll, Hoagie Roll

■ Peanut Butter & Jelly Turkey Club (w/bacon)

Extras: Pickle

ACCOMPANIMENTS:

■ ♥ Mashed Potatoes ■ ♥ Baked Sweet Potato (No Skin)

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

Hot Cocoa/Sugar-Free Hot Cocoa

Iced Tea

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 Fried Egg Hard Boiled Egg

♥Egg Substitute

Sausage Bacon Turkey Sausage

French Toast Pancakes

♥Cream of Wheat ♥Oatmeal

English Muffin Croissant

Blueberry Mini Muffin Corn Mini Muffin

Hash Brown Bagel

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

♥Rice Krispies Frosted Flakes ♥Special K

♥Cheerios

♥Fruited Yogurt/Lite Yogurt/Plain Yogurt

DESSERTS:

Frosted Vanilla Cake Pound Cake Brownie

Frosted Chocolate Cake ♥Angel Food Cake

Cookies: Chocolate Chip, Oatmeal Raisin, Peanut Butter

Sherbet ♥: Raspberry, Orange

Pudding: Chocolate, Vanilla

Ice Cream: Vanilla, Chocolate, Strawberry

Italian Ice: Cherry, Watermelon, Lemon

Canned Fruit ■♥: Peaches, Pears, Applesauce

♥Gelatin/Diet Gelatin ♥Yogurt/Light Yogurt ♥Custard

Lorna Doones ♥Graham Crackers

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

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.