



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	Meatloaf	Pot Roast
♥Chicken Marsala	Turkey w/Stuffing & Gravy	
■Macaroni & Cheese	Panko & Dijon Crusted Tilapia	

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

**From the Grill:**

♥Grilled Chicken Sandwich	Hamburger
Turkey Burger	Cheeseburger
■Grilled Cheese	

**ACCOMPANIMENTS:**

■ ♥Carrots	■♥California Blend Vegetables	
■♥Broccoli	■♥Corn	■♥Green Beans
■♥White Rice	Breadstick	Dinner Roll

**Renal Menu**

**SOUPS & SALADS**

Chicken Noodle      Chicken Broth      Beef Broth

- ♥Cottage Cheese
- ♥Tossed Salad (*Oil & Vinegar/Lowfat Italian/Lowfat French*)

**COLD ENTREES:**

Chicken Caesar Salad  
(*Oil & Vinegar/Lowfat Italian/Lowfat French*)

- ♥Cottage Cheese & Canned Fruit Plate
- Chef Salad

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

<i>Salad</i>	<i>Meats</i>	<i>Cheeses</i>
Tuna Salad	♥Turkey	■Swiss
Chicken Salad	Roast Beef	
Egg Salad		

■Peanut Butter & Jelly

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

***Extras:*** Lettuce, Onion

- ♥ *indicates a heart healthy menu item*
- *indicates a vegetarian menu item*

## BEVERAGES:

Coffee/Decaf Coffee

Tea/Decaf Tea/Herbal Tea                      Iced Tea

Hot Cocoa/Sugar-Free Hot Cocoa              Ice Water

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

♥**Juice:** Apple, Cranberry

**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

- Omelet made to order: your choice of –  
Onions, peppers, mushroom, cheese
- Egg & Cheese Breakfast Sandwich

♥Special K              ♥Cheerios              ♥Rice Krispies

♥ Frosted Flakes

## DESSERTS:

♥Angel Food Cake              Brownie              Pound Cake

**Diet Pudding:** Chocolate, Vanilla

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

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

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

**Sherbet**♥: Raspberry, Orange

♥Gelatin/Diet Gelatin              Chocolate Chip Cookie

Lorna Doones    ♥Graham Crackers    ♥Vanilla Wafers

## CONDIMENTS:

Margarine    Pepper    Herb Seasoning    Lemon    Honey

Mayo/Lowfat Mayo/Mustard/Relish

Sugar/Sugar Substitute/Brown Sugar

Creamer/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.