

CREATE-A-MEAL SELECTIONS

Sides

Corn (V)

Baby Carrots (V)

Broccoli (V)

Green Beans (V)

Mashed Potatoes

Baked Potato (V)

Rice (V)

Potato Chips

Pretzels

Cottage Cheese

Fruit (V)

Yogurt

Small Tossed Salad (V)

Fresh Vegetable Plate (V)
ranch dip optional

Macaroni and Cheese

Spaghetti (V)

Hummus (V)

Dinner Roll (V)

Desserts

Frosted Brownie

Apple Pie

Chocolate Chip Cookie

Gelatin
regular & reduced sugar (V)

Ice Cream
chocolate, vanilla

Sherbet
raspberry, lime

Water Ice (V)
lemon, orange, cherry

Pudding
chocolate: regular & reduced sugar
vanilla: regular & reduced sugar



Patient menu

FOR GUEST

We have a cafeteria located on level 1 which offers hot entrées, grilled items, sandwiches and assorted snacks.

Cafeteria Hours

Monday - Sunday: 6:30 a.m. - 12:00 a.m

We also have a coffee shop located on the main level, offering Fingerlakes coffee and assorted food items.

Coffee Shop Hours

Monday - Friday: 6:30 a.m. - 7:30 p.m.
Saturday - Sunday: 8:30 a.m. to 4:00 p.m.

We offer two (2) different meal selection options.

OPTION A

FEATURED MEAL OF THE DAY

- Complete meal including entrée, sides, and beverage
- No action required; your meal will be delivered automatically

OPTION B

CREATE-A-MEAL

- Choose what you want to eat from our menu
- To place your order **CALL 37951 (option 1)** from your hospital phone

BREAKFAST

call before 6:30 pm the previous night

LUNCH

call before 10:45 am

DINNER

call before 3:45 pm

SPECIFIC NEEDS

OUR NUTRITION STAFF IS HERE TO HELP

- Food selections if you are placed on a modified diet
- Food allergies or intolerances
- Specific food preferences such as Kosher, vegetarian, and gluten free food options

NOTE: If your doctor has ordered diet restrictions, some items listed on the menu may not be allowed.

VEGETARIAN FEATURED MEALS

MONDAY

Lunch Eggplant Parmesan (V)

Dinner Garden Vegetable Burger

TUESDAY

Lunch Veggie Delight Wrap (V)

Dinner Cheese Tortellini with Tomato Sauce

WEDNESDAY

Lunch Vegetarian Chili over Brown Rice (V)

Dinner Vegetarian Lasagna (V)

THURSDAY

Lunch Hummus Platter (V)

Dinner Pasta Primavera (V)

FRIDAY

Lunch Black Bean Burger (V)

Dinner Stuffed Shells

SATURDAY

Lunch Grilled Portobello Sandwich (V)

Dinner Cheese Pizza

SUNDAY

Lunch Macaroni & Cheese

Dinner Vegetable Stir Fry (V)

We Care.

Our goal is to provide you meal choices that are nutritionally balanced and flavorful.

We hope you enjoy our meal program.

Highland Hospital
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HIGHLAND HOSPITAL



WEEKLY MENU

FEATURED MEALS

MONDAY

- Breakfast** **French Toast**
bacon, banana, blueberry yogurt, orange juice, coffee
- Lunch** **Chicken Parmesan Sandwich**
tossed salad, fruit cup, chocolate chip cookie
- Dinner** **Pot Roast with Gravy**
garlic mashed potatoes, corn, peaches, sherbet, milk

TUESDAY

- Breakfast** **Garden Vegetable Quiche**
home fries, fruit cup, strawberry yogurt, orange juice, coffee
- Lunch** **Goulash**
broccoli, dinner roll, pears, frosted brownie
- Dinner** **Glazed Pork Tenderloin**
carrot and bean medley, scalloped potatoes, grapes, apple crisp, milk

WEDNESDAY

- Breakfast** **Buttermilk Pancakes**
bacon, banana, peach yogurt, orange juice, coffee
- Lunch** **Chicken French**
linguini, french cut green beans, fruited gelatin
- Dinner** **Lasagna**
Caesar salad, garlic toast, fruit cup, milk

THURSDAY

- Breakfast** **Baked Egg Casserole**
mini blueberry muffins, mandarin oranges, cherry vanilla yogurt, orange juice, coffee
- Lunch** **Roasted Turkey with Gravy**
mashed potatoes, green bean casserole, applesauce, double chocolate chip cookie
- Dinner** **Beef Tips with Mushrooms**
egg noodles, carrot and bean medley, vanilla pudding, milk

FRIDAY

- Breakfast** **Buttermilk Pancakes**
sausage, banana, blueberry yogurt, orange juice, coffee
- Lunch** **Fish Sandwich**
sweet potato tater tots, cole slaw, pear slices
- Dinner** **Ricotta Stuffed Shells**
garlic breadstick, tossed salad, fruit cup, milk

SATURDAY

- Breakfast** **Cheese Omelet**
home fries, mini blueberry muffins, mandarin oranges, peach yogurt, orange juice, coffee
- Lunch** **Open-Faced Roast Beef Sandwich**
mashed potatoes, french cut green beans, angel food cake with blueberries
- Dinner** **Chicken Marsala**
rice, broccoli, cherry tart, milk

SUNDAY

- Breakfast** **Waffles**
vanilla yogurt, warm cinnamon apple slices, orange juice, coffee
- Lunch** **Macaroni and Cheese**
vegetable medley, fruit cup
- Dinner** **Roasted Pork Loin with Gravy**
mashed sweet potatoes, green beans, applesauce, milk

BREAKFAST

CREATE-A-MEAL SELECTIONS

Entrées

- Scrambled Eggs**
regular or low cholesterol
- Buttermilk Pancakes**
- Cheese Omelet**
- Tofu Scramble** (V)
- Cottage Cheese and Fruit Platter**

Cereal

- Oatmeal** (V)
- Grits** (V)
- Special K®**
- Raisin Bran®** (V)
- Honey Nut Cheerios®** (V)
- Rice Chex®** (V)
- Granola**

Sides

- Home Fries** (V)
- Sausage**
- Bacon**
- Hard Boiled Egg**
- Cottage Cheese**

Baked Goods

- Toast** (V)
wheat, white, rye
- English Muffin** (V)
- Blueberry Muffin**

Fruit

 (V)

- Applesauce**
- Banana**
- Grapes**
- Mandarin Oranges**
- Peaches**
- Small Fruit Plate**

Yogurt

- Vanilla** light, Greek or Soy (V)

Beverages

- Milk**
white, 1% or whole, chocolate, Lactose Free,
- Soy** (V)
- Coffee**
regular, decaffeinated
- Hot Tea**
regular, decaffeinated, green
- Hot Chocolate**
regular, reduced sugar
- Unsweetened Iced Tea**
- Fruit Juice**
apple, fruit punch

(V) Does Not Contain Meat, Egg or Dairy

LUNCH & DINNER

CREATE-A-MEAL SELECTIONS

Soup

- Cream of Tomato**
- Chicken Noodle**
- Garden Vegetable** (V)
- Broth**
beef, chicken or vegetarian (V)

Hot Entrées

- Grilled Chicken Breast**
- Chicken Fingers**
- Roasted Turkey**
- Lemon Pepper Haddock**
- Pot Roast**
- Spaghetti with Meatballs or Plant Based Meatballs** (V)
- Macaroni and Cheese**
- Vegetable Ravioli with Tomato Sauce** (V)
- Vegetarian Lasagna** (V)

Grilled Entrées

- Hamburger/Cheeseburger**
- Garden Vegetable Burger** (V)
- Black Bean Burger** (V)
- Grilled Cheese**
- Grilled Ham and Cheese**
- Grilled Chicken Sandwich**
- Tuna Melt**

Sandwich Entrées

- Breads**
white, wheat, rye
- Meats**
turkey, roast beef, ham
- Cheese**
American, provolone, Swiss
- Egg Salad**
- Chicken Salad**
- Tuna Salad**
- Bacon Turkey Ranch Wrap**
- Peanut Butter and Jelly** (V)
- Veggie Delight Wrap** (V)
lettuce, cucumber, onion, carrots, hummus, cheese optional

Personal Pizza Entrées

- Cheese**
- Pepperoni**

Salad Entrées

- Grilled Chicken Salad**
grilled chicken breast, mixed greens, tomatoes, cucumbers
- Cranberry Walnut Grilled Chicken Salad**
grilled chicken breast, mixed greens, apples, Craisins®, walnuts
- Salad Dressings**
Italian, Balsamic Vinaigrette, Thousand Island, Ranch, Caesar, Bleu Cheese, Oil & Vinegar
- Greek Salad with Tofu "Feta"** (V)
mixed greens, cucumbers, tomatoes, red onions, tofu, Kalamata olives
- Hummus Platter** (V)
hummus, carrots, cherry tomatoes, green peppers, pita chips



CREATE-A-MEAL ORDERING

CALL 37951 (option 1) to place your order

BREAKFAST must be ordered by 6:30 pm
(the previous evening)

LUNCH must be ordered by 10:45 am

DINNER must be ordered by 3:45 pm

You May Select Up To The Following:

- 1 Entrée
- 3 Sides or Soup
- 1 Dessert (Lunch & Dinner Only)
- Beverage (1 Hot and 1 Cold)