

Additional Selections

BREAKFAST ENTRÉES

Entrées: Scrambled eggs, buttermilk pancakes, French toast, biscuit and gravy, breakfast potatoes, turkey sausage and bacon

Breads: Bagel, biscuit, English muffin, bran or blueberry muffin, wheat or white toast

Hot and cold cereal: Oatmeal, Cream of Wheat, Cheerios, Frosted Flakes, Rice Krispies, Corn Flakes, Total Raisin Bran

Fruit: Fresh fruit or fresh fruit and cottage cheese plate

LUNCH AND DINNER ENTRÉES

Entrées: Grilled seasoned chicken 🐔 breast
• Roasted salmon • Beef tacos 🐄 • Hot roast beef sandwich • Chicken nuggets • Macaroni and cheese
• Pasta (penne, macaroni noodles or gluten-free spaghetti noodles) with choice of sauce: marinara, Alfredo or lemon herb sauce

Burger: Hamburger 🐄, cheeseburger 🐄, turkey burger, quinoa veggie burger

Pizza: Cheese or pepperoni

Sandwich: Vegetarian, turkey, ham, roast beef, tuna salad, egg salad, peanut butter and jelly, grilled cheese or grilled ham and cheese

Salad: Chicken 🐔 Caesar, vegetarian taco, beef taco 🐄, chef salad, or vegetarian entrée salad

Fruit: Fresh fruit or fresh fruit and cottage cheese plate

SIDE ITEMS/VEGETABLES

Potato: Mashed potatoes and gravy or French fries

Rice: Brown rice or jasmine rice

Dinner roll: White or wheat

Chips: Potato, Doritos or Baked Lays

Fruit: Apple slices, red grapes, orange slices, banana, seasonal fruit cup; canned peaches, mandarin oranges, pears, pineapple or applesauce

Veggies: Baby carrots, zucchini, broccoli, side salad with choice of dressing (ranch, Italian, Caesar or Thousand Island)

Soups: Chicken noodle, tomato, or broth

DESSERTS

Frozen yogurt, sorbet, Italian ice, Jell-O, pudding, shortbread cookies or animal cookies

UC DAVIS
HEALTH

MEDICAL
CENTER

PATIENT MENU

Regular Diet



MEAL DELIVERY TIMES

Breakfast: 6:45 – 9:30 a.m.

Lunch: 11 a.m. – 2 p.m.

Dinner: 4:45 – 7:30 p.m.

HOW TO MAKE SELECTIONS

1. Please review the menu daily so you are ready with your selections.
2. A Dietetic Assistant will call or visit you daily to get your menu choices.
3. The Daily Special will be automatically delivered if you do not make selections.

Please note, menu items may need to be adjusted to meet special diet needs prescribed by your doctor. Some items may be restricted.

Please keep this menu
throughout your stay.

Regular Diet

Food and Nutrition Services offers a menu of fresh, seasonal, locally-grown foods and ingredients. Chicken breasts and thighs are local and “no antibiotics ever.” Beef for the hamburgers is local and grass fed. Beef for the meatloaf is grass fed.

Daily breakfast options include Total Raisin Bran, orange juice and coffee. Breakfast, lunch, and dinner are served with milk. Soup will be served upon request.

SUNDAY

Breakfast: Buttermilk pancakes and scrambled eggs

Lunch: Beef stroganoff, egg noodles, baby carrots, and fresh fruit

Dinner: Chicken teriyaki, 🐔 spicy broccoli, jasmine rice and chocolate swirl cake

Soup of the Day: Chicken 🐔 noodle

MONDAY

Breakfast: Quiche Lorraine and breakfast potatoes

Lunch: Alfredo pasta and vegetables, roasted vegetables and fresh fruit

Dinner: Lemon cream chicken, 🐔 roasted potatoes and cauliflower, chocolate chip cookie

Soup of the Day: Red lentil

TUESDAY

Breakfast: French toast, scrambled eggs, and fresh fruit

Lunch: Chicken 🐔 tinga tacos, black beans, flour tortillas, cilantro rice

Dinner: Meatloaf, 🐮 mashed potatoes and gravy, baby carrots and an oatmeal raisin cookie

Soup of the Day: Chicken gumbo 🐔

WEDNESDAY

Breakfast: Veggie scrambled eggs and breakfast potatoes

Lunch: House mac and cheese, zucchini, fresh fruit

Dinner: Parmesan chicken, 🐔 penne pasta with marinara, roasted vegetables and chocolate swirl cake

Soup of the Day: Seasonal soup

THURSDAY

Breakfast: Buttermilk pancakes and scrambled eggs

Lunch: Roast turkey, 🐔 Yukon gold mashed potatoes with gravy, roasted carrots and cauliflower

Dinner: Beef 🐮 and broccoli, jasmine rice and a sugar cookie

Soup of the Day: Chicken 🐔 tortilla

FRIDAY

Breakfast: Vegetable frittata, breakfast potatoes and fresh fruit

Lunch: Pasta with bolognese sauce and roasted vegetables

Dinner: BBQ chicken 🐔 sandwich with kale slaw, carrots, and a chocolate chip cookie

Soup of the Day: Clam chowder

SATURDAY

Breakfast: French toast, scrambled eggs and fresh fruit

Lunch: Hamburger, 🐮 tomato, pickles, lettuce and onion on the side and sweet potato fries

Dinner: Lemon herb salmon or oven fried chicken 🐔, roasted potatoes, steamed vegetables and an oatmeal raisin cookie

Soup of the Day: Minestrone

BEVERAGES

Milk: Skim, low-fat, whole, lactose-free, chocolate, soy, or almond

Juice: Orange, apple, prune, cranberry, cran-grape, or diet cranberry

Hot beverage: Coffee (regular or decaf), tea (regular or decaf), hot chocolate (regular or sugar-free)

Bottled water

🐔 = No antibiotics ever

🐮 = Grass-fed beef