

beverages

JUICE

Apple (14g) • Cranberry (14g) • Grape (20g)
Orange (11g) • Prune (20g)

TEA

Iced (0g) • Hot (0g)

MILK

Skim (11g) • 2% (12g) • Whole (11g) • Chocolate (25g)
Lactaid (13g) • Vanilla Soy (19g) • Chocolate Soy (25g)
Hot Chocolate (20g) • Sugar Free Hot Chocolate (10g)

ASSORTED DRINKS

Pepsi Products (21g-29g)
Diet Pepsi Products (1g)
Crystal Light Lemonade (0g)

to place an order

Your Catering Associate will visit you prior to your meal period to take your preference. Should you not be in the room when your Catering Associate comes around or you do not like what received for your meal, please call us so we may bring you a new tray.

Upstate Hospital: (315) 464-4305

visitors

Guest trays can be ordered for a \$5.00 fee.
Please call 44305 for details and ordering.
You have your choice of 1 of the 2 main options for that meal with a choice of beverage.

Breakfast is from 7:00 - 9:00 am,

Lunch from 11:00 am - 1:00 pm &

Dinner from 4:00 - 6:00 pm.

We will make every effort to ensure your guest tray is delivered at the patient meal delivery time for the meal period you have selected. Our goal is to provide a great dining experience for your family, friends and visitors.



BRUCE THE Great and his MAGICAL CAPE



UPSTATE UNIVERSITY HOSPITAL
MENU

Bruce the Great takes an epic quest to find the magical cape that will help him conquer anything. Along his journey he meets all of his new friends...Billy the Goat, Buckie the Birdwatcher and Patches the Puffin.

At the end of his journey he realizes that he doesn't need the cape after all, because he's strong all on his own. He found strength from his friends and in himself along the way.

UPSTATE UNIVERSITY HOSPITAL



BREAKFAST

a la carte



Cinnamon French Toast

Three Half Slices of Fluffy French Toast Served with Regular Syrup (67g) with Diet Syrup (41g)

Buttermilk or Chocolate Chip Pancakes

Two Buttermilk Pancakes Served with Regular Syrup (61g) with Diet Syrup (37g)

Scrambled Eggs (2g)

Hard Boiled Eggs

Bacon or Turkey Sausage

Breakfast Potatoes (19g)

Cereal

- Oatmeal (26g)
- Cream of Wheat (26g)
- Kix (15g)
- Cheerios (20g)
- Cornflakes (16g)
- Frosted Cornflakes (21g)
- Rice Krispies (25g)

- Frosted Mini Wheats (24g)
- Mini Wheats (28g)
- Rice Chex (24g)
- Special K (13g)
- Total Raisin Bran (24g)
- Trix (24g)

Assorted Fruit

- Seasonal Fruit Cup (16g)
- Apple (29g)
- Applesauce (7g)
- Banana (27g)

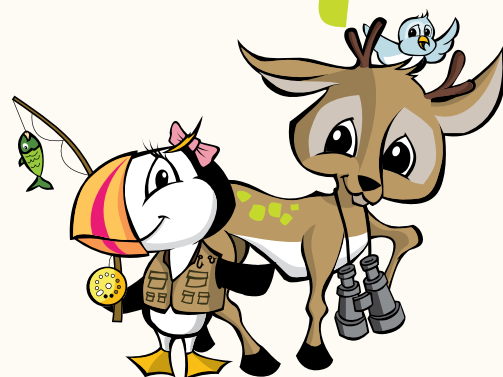
- Orange (18g)
- Peaches (15g)
- Pears (17g)

Baked Goods

- Blueberry Muffin (28g)
- Plain Bagel (45g)
- English Muffin (25g)

Yogurt

- Plain
- Vanilla (20g)
- Blueberry (10g)
- Strawberry (10g)
- Yogurt Parfait (27g)



LUNCH & DINNER

a la carte lunch/ dinner

ALL ITEMS AVAILABLE DAILY

SOUPS

- Chicken Noodle Soup (9g)
- Tomato Soup (35g)

HOT ENTRÉES

- Grilled Cheese (23g)
- Cheeseburger (26g)
- Hamburger (23g)
- Black Bean Veggie Burger (41g)
- Pepperoni Pizza (59g)
- Cheese Pizza (44g)
- Macaroni & Cheese (30g)
- Baked Chicken
- Chicken Tenders (26g)
- Pasta with Marinara Sauce (41g)
- Hot Dog (26g)
- Chicken Quesadillas (36g)
- Cheese Quesadillas (18g)

COLD ENTRÉES

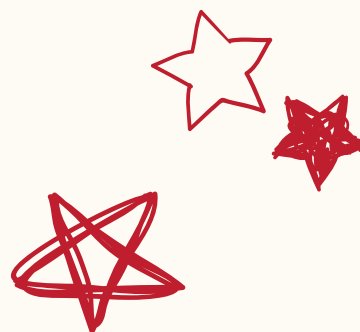
- Chicken Caesar Salad (14g)
- Chef Salad (7g)
- Hummus with Raw Vegetables (73g)
- Fruit Plate (20g)
- Turkey Sandwich (27g)
- Tuna Salad Sandwich (25g)
- Egg Salad Sandwich (30g)
- Chicken Salad Sandwich (26g)
- Peanut Butter & Jelly Sandwich (41g)

SIDES

- Garden Salad (3g)
- Mashed Potatoes (18g)
- Steamed Rice (23g)
- French Fries (21g)
- Tater Tots (22g)

FRUITS & DESSERTS

- Seasonal Fruit Cup (16g)
- Applesauce (7g)
- Peaches (15g)
- Pears (17g)
- Fudge Brownie (35g)
- Chocolate Chip Cookie (23g)
- Sugar Cookie (24g)
- Ice Cream (16g)
- Popsicle (32g)
- Pudding (29g)
- Gelatin (18g)



sunday

LUNCH

Chicken Tenders (26g), Mashed Potatoes (18g), Green Beans (5g) and Mix Melon (7g)

DINNER

Cheese Pizza (44g), Broccoli (5g), and Peaches and Cream Trifle (19g)

monday

LUNCH

Roast Turkey (21g), Mashed Potatoes (18g), Carrots (6g) and Diced Pears

DINNER

Lasagna (23g), Zucchini, Red Peppers, Yellow Squash (4g) and Yellow Cake (65g)

tuesday

LUNCH

Chicken Tenders (26g), Macaroni and Cheese (30g), Roasted Zucchini (2g) and Mandarin Oranges (12g)

DINNER

Pasta with Meatballs (44g), Steamed Broccoli (5g), Peaches and Apple Crisp (24g)

wednesday

LUNCH

Grilled Cheese (23g), Tomato Soup (35g), and Applesauce (7g)

DINNER

Hamburger (25g), Tater Tots (22g), Broccoli (6g) and Brownie and Strawberry Mousse Trifle (20g)

thursday

LUNCH

Roast Turkey (21g) Served with Gravy, Mashed Potatoes (18g), Steamed Carrots (6g) and Pineapple Chunks (20g)

DINNER

Cheeseburger (26g), Tater Tots, Green Beans (6g) and Banana Pudding Parfait (19g)

friday

LUNCH

Chicken (36g) or Cheese Quesadilla (18g) with Rice (23g) & Corn (17g) and Diced Peaches

DINNER

Fish Sticks (29g), Macaroni & Cheese (30g), Carrots and Zucchini (8g), and Strawberry Shortcake (37g)

saturday

LUNCH

Meatloaf (7g) served with Gravy, Mashed Potatoes (18g), California Blend Vegetables (5g) and Diced Pears (17g)

DINNER

Baked Ziti with Turkey Meat Sauce (35g), Tossed Salad, and Apple Pie (35g)

