

BREAKFAST HOUSE MENU

SUNDAY

Pancake, Scrambled Eggs, Bacon,
Almonds, Apple Slices

MONDAY

Vegetable Egg Scramble, Bran Muffin,
Greek Yogurt, Almonds, Seasonal Fruit

TUESDAY

Pancake, Scrambled Eggs, Bacon,
Almonds, Apple Slices

WEDNESDAY

Vegetable Egg Scramble, Bran Muffin,
Greek Yogurt, Almonds, Seasonal Fruit

THURSDAY

Pancake, Scrambled Eggs, Bacon,
Almonds, Apple Slices

FRIDAY

Vegetable Egg Scramble, Bran Muffin,
Greek Yogurt, Almonds, Seasonal Fruit

SATURDAY

Pancake, Scrambled Eggs, Bacon,
Almonds, Apple Slices

Served with Coffee and Milk

BREAKFAST PERSONAL CHOICE*

*Please note: Not all food options are acceptable
for therapeutic diet types

CEREALS (cold or hot)

Cheerios

Corn Flakes

Rice Krispies

Oatmeal

Cream of Wheat

Juk (Chicken or Plain)

BREADS

Bran Muffin

Blueberry Muffin

Bread Roll

HOT ITEMS

Scrambled Eggs

Hard-Boiled Egg (served chilled)

Egg & American Cheese
on an English Muffin

Pancakes

Hash Brown Patty

Bacon

Impossible Sausage Patty



Our diet clerks know about the patient's food allergies and prescribed diet from their health record. The clerks will work with the patients to find menu items appropriate for their diet and guide them through the meal ordering process.

OUR HEALTH & SUSTAINABILITY COMMITMENT:

UCSF Nutrition & Food Services is committed to providing our patients and customers with safe, nutritious food that tastes good. We choose food products that are whole & as unprocessed as possible, preferably locally grown, produced & packaged in a manner that is less detrimental to the environment, free from genetic modification, in consideration of animal welfare & fair-trade standards. Our products are free of trans fats & minimize use of products with high fructose corn syrup. While we are not 100% there, we continuously evaluate and change our products to meet this commitment.

UCSF Health

Nutrition & Food Services

EN-CARBS-030226 (HYD)

UCSF
FRESH

PATIENT MENU AT UCSF HYDE

CARB CONTROL



You will be served the

HOUSE MENU

unless you call our

nutrition office at

(415) 353-6446

to order from the

PERSONAL CHOICE* MENU

Please call before:

7:00 PM (night before) ~ for breakfast changes

9:00 AM ~ for lunch changes

2:00 PM ~ for dinner changes



LUNCH HOUSE MENU

SUNDAY

Asian Chili Lime Glazed Chicken,
White Rice, Steamed Bok Choy,
Pineapple

MONDAY

Chili Cheese Tamales, Mashed
Potatoes with Gravy, Steamed
Broccoli, Diced Pears

TUESDAY

Turkey Burger with Pretzel Bun and
Garnish, Green Beans, Diced Peaches

WEDNESDAY

Chicken Marsala, Brown Rice, Mixed
Roasted Squash, Honeydew

THURSDAY

Roasted Turkey, Mashed Potatoes
with Gravy, Green Beans, Bread Roll,
Pineapple

FRIDAY

Pan Seared Salmon, White Rice,
Steamed Broccoli, Diced Pears

SATURDAY

Demi Glazed Chicken, Roasted
Potatoes, Peas & Carrots,
Diced Peaches

Served with Milk

DINNER HOUSE MENU

SUNDAY

Meat Sauce with Penne Pasta,
Green Beans, Garlic Bread,
Vanilla Cream Puff

MONDAY

Teriyaki Chicken, Brown Rice, Malibu
Blend Vegetables, Fortune Cookie,
Bread Roll, Pineapple

TUESDAY

Chicken Stir Fry, White Rice, Steamed
Broccoli, Applesauce

WEDNESDAY

Beef Pot Roast, Mashed Potatoes,
Steamed Carrots, Shortbread Cookie

THURSDAY

Seasoned Shredded Chicken, White
Rice, Pinto Beans, Mixed Vegetables,
Vanilla Cream Puff

FRIDAY

Spinach & Cheese Ravioli with Meat
Sauce, Steamed Carrots, Seasonal Fruit

SATURDAY

Meatloaf with Gravy, Penne Pasta,
Mixed Roasted Squash,
Chocolate Chip Cookie

Served with Chamomile Tea

LUNCH/DINNER PERSONAL CHOICE*

*Please note: Not all food options are acceptable for
therapeutic diet types

HOT ITEMS

Turkey Burger on Wheat Bun

Beyond Burger on Pretzel Bun

Grilled Chicken on Wheat Bun

Grilled Cheese on Wheat with
American Cheese

Seasoned Chicken Breast

Chicken Tenders

Salmon (Plain baked or Teriyaki)

Organic Tofu (Plain baked or Teriyaki)

Pasta with Marinara Sauce

Macaroni & Cheese

Cheese Pizza

SALADS

Caesar (with or without Chicken)

Mixed Side Salad with Tomatoes and
Cucumbers

SANDWICHES on white

Egg Salad

Tuna Salad

Turkey

SOUPS

Chicken Noodle Soup

Broth (Chicken or Vegetable)

SIDES

Mashed Potatoes and Gravy

Rice (White or Brown)

Steamed Green Beans

Steamed Carrots

Steamed Broccoli

FRUIT / DESSERT

Chocolate Chip Cookie

Pudding (Chocolate or Diet Vanilla)

Ice Cream (Vanilla or Chocolate)

Fruit Ice (Lemon)

Gelatin (Orange or Diet Tropical)

Banana

Apple Slices

Pineapple

Seasonal Fruit

