

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
your food allergies and
prescribed diet from your
health record. The clerks will
work with you to find menu
items appropriate for your
diet and guide you through
the meal ordering process.

OUR HEALTH & SUSTAINABILITY COMMITMENT:

UCSF Nutrition & Food Services is com-
mitted to providing our patients and
customers with safe, nutritious food
that tastes good. We choose food prod-
ucts that are whole & as unprocessed
as possible, preferably locally grown,
produced & packaged in a manner
that is less detrimental to the environ-
ment, 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-110525 (STA-W1)



PATIENT MENU AT UCSF STANYAN

CARB CONTROL



You will be served the
HOUSE MENU
unless you call our
nutrition office at
415-750-5988
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, Bread Roll,
Fortune Cookie, 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