

PEDIATRIC DIET

UC Davis Health Patient Menu

Meal Delivery Times:

Breakfast 6:45 a.m. – 9:30 a.m.

Lunch 11:00 a.m. – 2:00 p.m.

Dinner 4:45 p.m. – 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.

Pediatric 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 hamburgers, meatloaf, and meatballs is grass-fed.

Daily breakfast options may include Total cereal and peach yogurt. Breakfast, lunch, and dinner are served with milk. Soup will be served upon request.

Sunday

Breakfast: Buttermilk pancakes, maple syrup, and apple slices

Lunch: BBQ chicken sandwich with kale slaw or cheese quesadilla, baby carrots, and a peach cup

Dinner: Chicken teriyaki, jasmine rice, and broccoli

Soup of the Day: Chicken noodle

Monday

Breakfast: Scrambled eggs or vegetarian quiche and breakfast potatoes

Lunch: Alfredo pasta and vegetables, roasted vegetables, and apple slices

Dinner: Chicken marsala, mashed potatoes, and broccoli

Soup of the Day: Red lentil

Tuesday:

Breakfast: French toast with maple syrup

Lunch: Chicken tinga tacos, black beans, corn tortillas

Dinner: Meatloaf, mashed red potatoes, beef gravy, and baby carrots

Soup of the Day: Chicken gumbo

Wednesday:

Breakfast: Scrambled eggs and breakfast potatoes

Lunch: Homestyle chicken, roasted red potatoes, zucchini, and apple slices

Dinner: Grilled cheese sandwich, roasted vegetables, and a peach cup

Soup of the Day: Butternut squash

Thursday:

Breakfast: Buttermilk pancakes with maple syrup

Lunch: Roast turkey, Yukon gold mashed potatoes, gravy, cauliflower and carrots, and a peach cup

Dinner: Chicken chile verde, Spanish rice, house made refried beans, and zucchini

Soup of the Day: Chicken tortilla

Friday:

Breakfast: Scrambled eggs and breakfast potatoes

Lunch: Pasta with bolognese sauce, roasted vegetables, and applesauce

Dinner: House made meatballs, herbed gravy, buckwheat, summer bean medley, and a peach cup

Soup of the Day: Clam Chowder

Saturday:

Breakfast: French toast with maple syrup

Lunch: Hamburger slider, lettuce, onion, tomato, pickle, mayonnaise, ketchup, mustard, baby carrots, and apple slices

Dinner: Oven fried chicken, mashed potatoes, gravy, broccoli and carrots

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: hot chocolate (regular or sugar-free)

Bottled water

Additional Selections

Breakfast Entrees

Entrees: Scrambled eggs, buttermilk pancakes, French toast, breakfast potatoes, turkey sausage

Breads: Blueberry or plain bagel, English muffin, wheat or white toast

Hot and cold cereal: 10 grain hot cereal, Cream of Wheat, Cheerios, Rice Krispies, or Total Raisin Bran

Fruit: Fresh fruit or fresh fruit and cottage cheese plate

Lunch and Dinner Entrees

Entrees: Grilled seasoned chicken breast, roasted salmon, ground turkey tacos, chicken strips, macaroni and cheese, pasta (torchiette, macaroni noodles or gluten-free spaghetti noodles) with choice of sauce: marinara, alfredo, or lemon herb sauce

Burger: Hamburger, cheeseburger, turkey burger, garden burger

Pizza: Cheese

Sandwich: Peanut butter and jelly, vegetarian, turkey, grilled cheese or grilled ham and cheese

Salad: Chicken Caesar, vegetarian taco, turkey taco, chef salad, or vegetarian entrée salad

Fruit: Fresh fruit or fresh fruit and cottage cheese plate

Side Items

Potato: Mashed potatoes and gravy or French fries

Rice: Brown or jasmine

Dinner roll: White or wheat

Chips: Baked Lay's

Fruit: Apple slices, red grapes, fresh pineapple, oranges, bananas, fresh melon cup, canned peaches, mandarin oranges, or applesauce

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

Soups: Chicken noodle, tomato, or broth

Desserts

Sorbet, Italian Ice, Jell-O, pudding, shortbread cookies, or animal cookies

Ask your nurse about available snacks!