

REGULAR 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.

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 hamburgers, meatloaf, and meatballs is grass-fed.

Daily breakfast options include Total Raisin Bran, 10 grain hot cereal, and coffee. **Breakfast, lunch, and dinner meals are served with milk.** Soup is served when requested.

Sunday

Breakfast: Buttermilk pancakes, scrambled eggs, and fresh fruit

Lunch: BBQ chicken sandwich with kale slaw, baby carrots, and fresh fruit

Dinner: Chicken teriyaki, spicy broccoli, and brown rice

Soup of the Day: Chicken noodle

Monday

Breakfast: Vegetarian quiche, breakfast potatoes, and fresh fruit

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

Dinner: Chicken marsala, roasted red potatoes, cauliflower and carrots

Soup of the Day: Red lentil

Tuesday:

Breakfast: French toast, scrambled eggs, and fresh fruit

Lunch: Chicken tinga tacos, black beans, corn tortillas, cilantro lime rice

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

Soup of the Day: Chicken gumbo

Wednesday:

Breakfast: Veggie scrambled eggs and breakfast potatoes

Lunch: Homestyle chicken, roasted red potatoes, and garlic green beans

Dinner: Chicken parmesan, pasta, marinara, and roasted vegetables

Soup of the Day: Butternut squash

Thursday:

Breakfast: Buttermilk pancakes and scrambled eggs

Lunch: Roast turkey, Yukon gold mashed potatoes with gravy, cauliflower and carrots, and a banana

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

Soup of the Day: Chicken tortilla

Friday:

Breakfast: Vegetable frittata, breakfast potatoes, and fresh fruit

Lunch: Pasta with bolognese sauce, roasted vegetables, and fresh fruit

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

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 baby carrots

Dinner: Lemon herb salmon or oven fried chicken, roasted potatoes, 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: Coffee (regular or decaf), tea (regular or decaf), hot chocolate (regular or sugar-free)

Bottled water

Additional Selections

Breakfast Entrees

Entrees: Scrambled eggs, buttermilk pancakes, French toast, breakfast potatoes, and 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 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: Vegetarian, turkey, ham, tuna salad, egg salad, peanut butter and jelly, 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

Potato: Mashed potatoes and gravy or French fries

Rice: Brown or jasmine

Dinner roll: White or wheat

Chips: Baked Lays

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

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

Soups: Chicken noodle, tomato, or broth

Desserts

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