

Additional Selections

BREAKFAST, LUNCH AND DINNER

Entrées: Scrambled eggs, buttermilk pancakes, French toast, biscuit and gravy, breakfast potatoes, turkey sausage, bacon

Breads: Bagel, muffins, English muffin or toast

Cereals: Oatmeal, Cream of Wheat, Cheerios, Frosted Flakes, Rice Krispies, cornflakes, Total Raisin Bran

Fruits: Fresh fruit plate or fresh fruit and cottage cheese plate

LUNCH AND DINNER ENTREES

Entrées: Grilled seasoned chicken 🐔 breast 🐮
• Roasted salmon • Beef tacos 🐮 • Hot roast beef sandwich • Chicken nuggets • Macaroni and cheese • Fresh fruit plate • fresh fruit and cottage cheese plate

Pasta (penne or gluten-free spaghetti noodles) and choice of sauce: Marinara, Alfredo or lemon herb sauce

Burger: Hamburger 🐮, cheeseburger 🐮, turkey burger, quinoa veggie burger

Pizza: Cheese or pepperoni

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

Salad: Chicken 🐔 Caesar, vegetarian taco, beef taco, chef salad or vegetarian entrée salad

SIDE ITEMS/VEGETABLES

Potato: Mashed potatoes with gravy or French fries

Rice: Brown rice or jasmine rice

Dinner roll: White or wheat

Chips: Potato, Doritos or Baked Lays

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

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

Soups: Chicken noodle, tomato or broth

DESSERTS

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

Ask your nurse about available snacks!

UC DAVIS
HEALTH

MEDICAL
CENTER

PATIENT MENU

Pediatric Diet



MEAL DELIVERY TIMES

Breakfast: 6:45 – 9:30 a.m.

Lunch: 11 a.m. – 2 p.m.

Dinner: 4:45 – 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.

Please keep this menu throughout your stay.

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 the hamburgers is local and grass fed. Beef for the meatloaf is grass fed.

Breakfast, lunch, and dinner are served with milk.
Soup will be served upon request.

SUNDAY

Breakfast: Buttermilk pancakes, maple syrup and scrambled eggs

Lunch: Cheese quesadilla, baby carrots and a peach cup

Dinner: Chicken  teriyaki, jasmine rice, broccoli and yogurt

Soup of the Day: Chicken noodle

MONDAY

Breakfast: Quiche lorraine, breakfast potatoes and yogurt

Lunch: Vegetable alfredo pasta with roasted vegetables and fruit

Dinner: Lemon cream chicken,  mashed potatoes and cauliflower

Soup of the Day: Red lentil soup

TUESDAY

Breakfast: French toast, maple syrup, scrambled eggs and yogurt

Lunch: Chicken tinga tacos , black beans, flour tortillas, cilantro rice

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

Soup of the Day: Chicken  gumbo

WEDNESDAY

Breakfast: Scrambled eggs, breakfast potatoes and yogurt

Lunch: House mac and cheese, zucchini, apple slices

Dinner: Grilled cheese sandwich, mixed vegetables and a pineapple cup

Soup of the Day: Seasonal soup

THURSDAY

Breakfast: Buttermilk pancakes, maple syrup, scrambled eggs and yogurt

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

Dinner: Beef  and Broccoli, and jasmine rice

Soup of the Day: Chicken tortilla

FRIDAY

Breakfast: Scrambled eggs, breakfast potatoes and yogurt

Lunch: Pasta with bolognese sauce, roasted vegetables and applesauce

Dinner: BBQ chicken  sandwich with slaw, baby carrots, and peach cup

Soup of the Day: Clam chowder

SATURDAY

Breakfast: French toast, maple syrup and scrambled eggs

Lunch: Hamburger  on a white bun, lettuce, onion, tomato, pickle, mayonnaise, ketchup, mustard, sweet potato fries and apple slices

Dinner: Oven fried chicken , mashed potatoes and gravy, steamed vegetables and a pineapple cup

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

 = No antibiotic chicken  = Grass-fed beef