



























Power of Food Boosters

	AVOCADOS	are a source of healthy fats! Healthy fats are more heart friendly. Not only are avocados tasty, they are packed with vitamins, minerals, and fiber.
	BANANAS	are known for their high fiber and water content. These nutrients help promote regularity and encourage digestive health.
	BLUEBERRIES	One cup of raw blueberries provides 36% of your recommend daily allowance of vitamin K, which is essential for healthy blood clotting and may support bone health.
	BROCCOLI	One 3/4-cup serving of steamed broccoli contains more vitamin C than a typical orange, and it's also high calcium, vitamins K & A.
	BROWN RICE	Switching from white rice to brown rice is an easy way to increase the whole grains in your diet! Whole grains are higher in fiber and can help reduce your risk of heart disease.
	BRUSSELS SPROUTS	provide you with 20 essential vitamins and minerals to include vitamin C, vitamin A, vitamin, K, iron, and calcium.
	CARROTS	are an excellent source of vitamin A, also known as retinol, is responsible for maintaining the health of your eyes.
	CHICKEN NOODLE SOUP	is good for the soul and body. It is known as the "Jewish" Penicillin for its healing properties.
	CINNAMON	has one of the highest antioxidant levels of any spice! Antioxidants help the body fight against diseases.
	GINGER ROOT	is packed with flavor and is one of earth's greatest treasures as it can treat nausea, motion sickness, gas and upset stomachs.
	GRAPES	are crisp, refreshing, and contain powerful antioxidants – these may slow or prevent various types of cancer.
	GREEN BEANS	contain many essential vitamins. One cup of raw green beans contains almost 10% of daily recommended folate. Folate is extremely important during growth periods including pregnancy, infancy, and adolescent stages of life.
	KALE	is one of the healthiest vegetables on the planet 33 calories per cup, this super-nutritious leafy green may provide significant health benefits, including cancer protection and lowered cholesterol.
	LEAN PROTEINS	are essential for strong bones and healthy metabolism. Animal lean proteins include chicken, fish, and turkey. Plant based protein sources include peanut butter, beans, and whole grains.
	LEGUMES	Only 1/2 cup of legumes (like black beans) provides 90% of the recommended daily intake of folate which is needed for the formation of red and white blood cells.
	MUSHROOMS	are a great source of potassium. Potassium helps keep your blood pressure under control and helps with muscle and nerve function. A serving has as much potassium as an orange!
	OATMEAL	is a good source of protein, B vitamins, calcium, unsaturated fats, and fiber. Chewy, but moist, oats are sweeter and nuttier than other grains because of their higher lipid profile.
	PINEAPPLE	is an excellent source of Vitamin C, which is a strong antioxidant that helps combat the formation of free radicals known to cause cancer.
	POTATOES	provide 30% of your daily value of vitamin C, along with the carbohydrate, potassium and energy you need to perform at your best!
	RED TOMATOES	contain lycopene, which gives them their red color, and may be associated with lowering the risk of certain cancers and heart disease.
	SPINACH	Calorie for calorie, leafy green vegetables like spinach provide more nutrients than any other food. Spinach is an excellent source of vitamin K, vitamin A, magnesium, folate, manganese, iron, calcium, vitamin C, vitamin B2, potassium, and vitamin B6.
	STRAWBERRIES	8 medium strawberries provide 160% of the recommended daily value for vitamin C. A medium orange by comparison, provides 123%.
	SWEET BELL PEPPERS	are high in the eye-enhancing and immune-boosting Vitamins A and C.
	SWEET POTATOES	are nutrient powerhouses with vitamin C, fiber, potassium, vitamin E, iron, and magnesium, which are beneficial for cardiovascular health.
	WHOLE GRAIN PASTA	is a good source of fiber and are particularly high in B vitamins, including niacin, thiamine, and folate. Whole grains also act as a good source of antioxidants.
	ZUCCHINI	serves as a good source of vitamin C. A water-soluble antioxidant, vitamin C dissolves in your body fluids and protects your cells from free radicals.



Your diet, like your medication, is an important part of your treatment and may speed your recovery. You will receive the diet ordered by your doctor who may transition your diet through your stay.

REGULAR: No diet restrictions.

HEART HEALTHY / CARDIAC / LOW SODIUM: Foods are prepared without salt and include fresh fruits/vegetables, lean meats and whole grains. Salt packets and added fats like margarine, gravy, and salad dressing are limited.

CONSISTENT CARBOHYDRATE: Carbohydrate containing foods have the greatest effect on your blood sugar. You will be served the same amount of carbohydrates at each meal. Foods that contain carbohydrates include breads,

cereals, potatoes, pasta, rice, beans, milk and milk products, fruit and fruit juices, sodas and sweets/desserts.

CLEAR LIQUIDS: You will be served clear liquids including juices, coffee, tea, broth, and jello. Milk or cream with your coffee will not be served.

FULL LIQUIDS: In addition to clear liquids, you may enjoy milk and milk products including pudding and yogurt.

MECHANICAL SOFT: Foods are soft and easy to chew and swallow, they may be chopped or ground.

FULL LIQUID MENU + CLEAR LIQUID MENU

JUICES

Apple | Grape
Cranberry | Orange
Tomato | Prune

CEREALS

Grits | Cream of Wheat

DESSERTS

Pudding:
Vanilla | Chocolate
Sugar-Free Vanilla
Sugar-Free Chocolate
Ice Cream:
Vanilla | Chocolate
Italian Ice | Popsicles
Sherbet
Gelatin:
Regular | Sugar-Free

BROTHS

Chicken | Beef
Vegetable

STRAINED SOUP

Tomato
Chicken Noodle

HOT BEVERAGES

Fresh Brewed Coffee
Regular Tea
Decaffeinated Tea

COLD BEVERAGES

Iced Tea | Ginger Ale
Diet Ginger Ale
Cola | Diet Cola

JUICES

Apple | Grape | Cranberry

BROTHS

Chicken | Beef | Vegetable

GELATIN

Regular | Sugar-Free

HOT BEVERAGES

Fresh Brewed Coffee
Regular Tea | Decaffeinated Tea

COLD BEVERAGES

Iced Tea | Ginger Ale
Diet Ginger Ale

ITALIAN ICE | POPSICLES

Morrison Believes in The Power of Food

Its power to advance a healing and healthful mission. Its power to connect, comfort, restore and rejuvenate. For 65+ years, we've specialized in healthcare foodservice.

It's all we do.

Armed with that specialization and expertise, our people unleash The Power of Food, using it to touch lives and transform the healthcare experience. It's what we do. It's who we are.

That's the Morrison difference.
That's "The Power of Food."



We believe in The Power of Food Menu

TO PLACE YOUR ORDER:

A Patient Dining Associate will visit you before your meals to take your order.

Our menu features daily Chef Specials as well as comforting Alternative Selections items. Our skilled chefs prepare each meal using the freshest ingredients tailored to your prescribed diet. We have additional seasonings available that you can request to suit your personal taste. If you have questions about your diet, a registered dietitian is available to assist you.

To contact your Patient Dining Associate

Please call 5555
between 6:30 am and 6:30 pm

We believe in The Power of Food

Sunday | POWER OF FOOD: Carrots • Grapes • Tomatoes

Breakfast	Lunch	Dinner
Classic American Breakfast Scrambled Eggs Crispy Bacon Breakfast Potatoes Banana	Beef Pot Roast with Gravy Mashed Potatoes Carrots with Fresh Herbs Cookies & Cream Mousse or Chicken Salad Sandwich Tomato Basil Soup Fruit Cup Cookies & Cream Mousse	Apricot Barbecue Boneless Pork Chop Cauliflower Macaroni & Cheese Seasoned Green Beans Fruit Cup Angel Food Cake Vanilla Cream I Strawberries or Turkey & Swiss Sandwich Tomato Basil Soup Fruit Cup Angel Food Cake Vanilla Cream I Strawberries

Wednesday | POWER OF FOOD: Legumes • Avocado • Ginger • Cinnamon

Breakfast	Lunch	Dinner
Latin Breakfast Bowl Rice Black Beans & Scrambled Eggs Salsa Guacamole Fruit Cup	Roasted Pork Loin with Pan Gravy Tomato & Spinach Brown Rice Roasted Ginger Carrots Sweet Cinnamon Apples or Grilled Chicken Caesar Salad Chunky Potato Soup Fruit Cup Sweet Cinnamon Apples	Open Faced Hot Beef Sandwich Mashed Cauliflower Potatoes Side Salad Banana Double Chocolate Brownie or Trio Salad Plate Chicken Salad Egg Salad Tuna Salad Dinner Roll Chunky Potato Soup Fruit Cup Double Chocolate Brownie

Monday | POWER OF FOOD: Blueberries • Mushrooms • Lean Proteins

Breakfast	Lunch	Dinner
Stuffed Crepes with Blueberry Sauce Scrambled Eggs Sausage Link	Chicken Marsala Garlic & Herb Roasted Potatoes Italian Vegetables Orange Creamsicle or Peanut Butter, Almond & Apple Wrap Minestrone Soup Fruit Cup Orange Creamsicle	Italian Meatballs with Penne Pasta & Marinara Side Salad Pineapple Brownie or Greek Salad with Chicken Minestrone Soup Fruit Cup Brownie

Thursday | POWER OF FOOD: Potatoes • Green Beans • Whole Grain Pasta

Breakfast	Lunch	Dinner
Breakfast Skillet Home-Style Potatoes Peppers Onions Scrambled Eggs Sausage Link Banana	Roast Turkey Breast Mashed Potatoes Seasoned Green Beans Beans Brownie or Barbecue Chicken Salad BBQ Ranch Dressing Broccoli Cheddar Soup Fruit Cup Brownie	Baked Chicken Parmesan Whole Wheat Penne Tomato & Zucchini Fruit Cup Sugar Cookie or Turkey & Swiss Sandwich Broccoli Cheddar Soup Fruit Cup Sugar Cookie

Saturday | POWER OF FOOD: Strawberries • Zucchini • Chicken Noodle Soup

Breakfast	Lunch	Dinner
Cheese Omelet Breakfast Potatoes Sausage Link Fruit Cup	Chicken Pot Pie Steamed Broccoli Brownie & Strawberry Delight or Chef Salad Chicken Noodle Soup Fruit Cup Brownie & Strawberry Delight	Lasagna with Marinara Italian Vegetables Fresh Grapes Chocolate Ice Cream or Chicken Salad Sandwich Chicken Noodle Soup Fruit Cup Chocolate Ice Cream

Tuesday | POWER OF FOOD: Oatmeal • Broccoli • Brussels Sprouts

Breakfast	Lunch	Dinner
Denver Omelet Tomato Salsa Oven Roasted Sweet Potato Hash Oatmeal with Cranberry-Orange Sauce	Meatloaf with Gravy Mashed Potatoes Steamed Broccoli Banana Pudding Parfait or Chef Salad Chicken & Rice Soup Fruit Cup Banana Pudding Parfait	Honey Mustard Chicken Macaroni & Cheese Roasted Brussels Sprouts Fresh Grapes Chocolate Chip Cookie or Tuna Salad Sandwich Chicken & Rice Soup Fruit Cup Chocolate Chip Cookie

Friday | POWER OF FOOD: Bananas • Pineapple • Brown Rice

Breakfast	Lunch	Dinner
Bananas Foster French Toast Scrambled Eggs Bacon	Tender Beef Stroganoff Mushrooms Egg Noodles Roasted Carrots Blueberry Crisp or Greek Salad with Grilled Chicken Italian Wedding Soup Fruit Cup Blueberry Crisp	Chicken Tinga - Shredded Chicken with Tomatoes and Latin Spices Cilantro Lime Rice Black Beans Roasted Tomatoes Pineapple Orange Creamsicle or Tuna Salad Sandwich Italian Wedding Soup Fruit Cup Orange Creamsicle

