



























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



We believe in The Power of Food Menu

To place your order:
Please call 3663
between 7:00 am and 7:00 pm

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."



A nutrition operator will guide you through the ordering process. Our skilled chefs will prepare your meal using the freshest ingredients tailored to your prescribed diet. Your freshly prepared meal will be served within 45 minutes.

We believe in The Power of Food

Cereal & Yogurt

Fruit, Granola & Yogurt Parfait

Assorted Yogurts

Strawberry | Raspberry | Light Vanilla

Hot Cereal

Oatmeal | Apple Cinnamon Cream of Wheat

Cold Cereal

Total® | Whole Grain Cheerios® | Cornflakes®
Frosted Flakes® | Rice Krispies® | Rice Chex®

Breakfast Entrées

Eggs Your Way

Whole Eggs | Low Cholesterol Eggs | Egg Whites
Tofu Scramble

French Toast with Cinnamon

Pancakes: Plain | Blueberry

Build Your Own Omelet

Your Choice of

Whole Eggs | Low Cholesterol Egg | Egg White

Vegetables

Broccoli | Spinach | Mushroom | Tomato | Onion | Peppers

Cheese

American | Cheddar | Swiss

Breakfast Sides

Pork Bacon

Sausage: Pork | Turkey

Sautéed Breakfast Potatoes

Bakery

English Muffin | Bagel | House Made Blueberry Muffin

Fruit

Fruit Cup | Pineapple | Mandarin Oranges | Peaches | Grapes
Pears | Apple Banana | Orange

Soups

Minestrone Soup | Tomato Basil Soup | Chicken Noodle Soup

Light Fare

Caesar Salad

Chicken Caesar Salad

Chef Salad

BBQ Chopped Chicken Salad | BBQ Ranch Dressing

Fresh Fruit Plate with Cottage Cheese

Hummus and Vegetable Platter

Side Salad

The Grill

Grilled Cheese Sandwich

Build Your Own Burger

Turkey Burger | Hamburger

Plant Based Beyond Burger | Grilled Chicken Sandwich

Choose Your Bun

Wheat | White | Wheat Sandwich Thin

Choose Your Cheese

American | Cheddar | Swiss

Choose Your Toppings

Lettuce | Tomato | Pickles | Red Onion

Choose Your Spread

Mayo | Mustard | Ketchup

Build Your Own Pizza

Cheese | Pepperoni

Onion | Pepper | Mushroom | Tomato

Build Your Own Sandwich

Choose Your Bread

Wheat | White | Wheat Sandwich Thin

Choose Your Protein

Chicken Salad | Egg Salad | Tuna Salad

Ham | Turkey | Peanut Butter | Hummus

Choose Your Cheese

American | Cheddar | Swiss

Choose Your Spread

Mayo | Mustard | Hummus | Jelly

Choose Your Toppings

Lettuce | Tomato | Pickles | Red Onion

Condiments

Salt | Pepper | Herb Seasoning

Parmesan Cheese Packets

Mayonnaise: Lite | Regular

Crackers: Regular | Unsalted

Chef's Featured Entrées

Chicken Tinga Bowl - *Shredded Chicken with Tomatoes and Latin Spices*

17 Spiced Chicken Breast

Roast Turkey Breast

Olive Oil & Lemon Salmon

Apricot Barbecue Boneless Pork Chop

Meatloaf with gravy

Beef Pot Roast with gravy

Meatballs with Penne Pasta & Marinara

Penne Pasta & Marinara Sauce

Sides

Garlic & Herb Roasted Red Potatoes

Mashed Potatoes

Rosemary Roasted Potatoes

Tomato Spinach Brown Rice

White Rice | Macaroni & Cheese

Seasoned Green Beans

Carrots with Herbs

Steamed Broccoli

Tomato & Zucchini

Black Beans | Penne Pasta

Dinner Roll

Gravy: Beef | Chicken

Salad Dressings

Ranch | Caesar | Italian | Lite Ranch | Balsamic Vinaigrette

Desserts

Brownie | Angel Food Cake | Vanilla Cream | Strawberries

Banana Pudding Parfait | Applesauce with Cinnamon

Cookies: Chocolate Chip | Sugar

Gelatin: Regular | Sugar-Free | Orange | Citrus

Pudding: Regular | Sugar-Free | Chocolate | Vanilla

Frozen Treats Regular | Sugar-Free

Ice Cream: Vanilla | Chocolate | Italian Ice

Popsicle: Regular | Sugar-Free

Beverages

Coffee: Regular | Decaf

Tea: Iced | Hot | Decaf | Regular

Hot Chocolate: Regular | Sugar-Free

Juice: Apple | Cranberry | Grape | Orange | Prune

Milk: Whole | Skim | 2% | Vanilla Soy

Some foods may not be appropriate based on your diet or food allergies.