

## LIQUID DIETS

### CLEAR LIQUID MENU

#### Juices

Apple  
Grape  
Cranberry

#### Hot Beverages

Fresh Brewed Coffee  
Fresh Brewed Tea  
Decaffeinated Tea

#### Broths

Chicken  
Beef  
Vegetable

#### Cold Beverages

Iced Tea

#### Gelatin

Regular | Sugar-Free

#### Popsicles

### FULL LIQUID MENU

#### Juices

Apple | Grape | Cranberry | Orange  
Tomato | Prune

#### Cereals

Cream of Wheat | Oatmeal

#### Broths

Chicken | Beef | Vegetable

#### Soup

Cream of Tomato | Cream of Mushroom  
Cream of Chicken | Strained Potato

#### Desserts

##### Pudding:

Vanilla | Sugar-Free Vanilla  
Chocolate | Sugar-Free Chocolate

##### Ice Cream:

Vanilla | Chocolate  
Italian Ice | Popsicles | Sherbet

##### Gelatin:

Regular | Sugar-Free

#### Hot Beverages

Fresh Brewed Coffee  
Fresh Brewed Tea | Decaffeinated Tea

#### Cold Beverages

Iced Tea

Our goal is to provide very good meal service during your stay. We look forward to visiting you several times a day to help take care of your food and nutritional needs.

Twice a day we will visit with you to review your meal options for upcoming meals. Please feel free to ask any of our staff questions you may have about your meal service.

We look forward to taking very good care of you.

Thank You,  
Nutrition and Food Service



## MORRISON BELIEVES IN THE POWER OF FOOD

It's power to advance a healing and healthful mission. It's 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."



### TO CONTACT YOUR PATIENT DINING ASSOCIATE

Please call \_\_\_\_\_

by calling \_\_\_\_\_

between 6:30 am and 6:00 pm

## CONSISTENT CARBOHYDRATE

# MENU



**MAURY REGIONAL  
MEDICAL CENTER**

### 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 "Always Available" 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.

## DIET INFORMATION

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. Ask your Dietitian.

**Consistent Carbohydrate** - Your diet, like your medication, is an important part of your treatment and may speed your recovery. Your doctor has ordered a consistent carbohydrate diabetes meal plan for you. Carbohydrate foods have the greatest effect on your blood sugar and need to be balanced with your diabetes medications. While on this diet, you will be served the same amount of carbohydrate at the same meal each day. Foods that contain carbohydrate are starches such as breads, cereals, potatoes, pasta, rice and dry beans; milk and yogurt; fruit and juices.

**Your meal plan is also limited in fat. You will be served:**

- low fat dairy products, sauces, salad dressings, and mayonnaise
- lean meat or meat substitutes

It is important that you control your portion sizes, eat a variety of foods, and eat at regular times.





## BREAKFAST

Serving Time: 7am - 9:30am

### SUNDAY

#### Scrambled Eggs

Oatmeal (13) | Fresh Fruit (18)  
1 Slice of Wheat Toast (14)

**Rice Krispies (16) with Milk (13)**  
Hard Boiled Egg | Blueberry Muffin (30)

### MONDAY

#### Scrambled Eggs

1 Slice of Wheat Toast (14)  
Cheerios Cereal (15) | Fresh Fruit (18)

**French Toast with Syrup (36)**  
Cheese Omelet (3) | Oatmeal (13)

### TUESDAY

#### Scrambled Eggs

Grits (15) | 1 Slice of Wheat Toast (14)  
Fresh Fruit (18)

#### Blueberry Muffin (30)

Hard Boiled Egg | Cheerios (20) with Milk (13)

### WEDNESDAY

#### Pancakes with Diet Syrup (35)

Cheese Omelet (3) | Chilled Peaches (14)

#### English Muffin (26)

Hard Boiled Egg | Chilled Peaches (14)

### THURSDAY

#### Scrambled Eggs

O'Brien Potatoes (14) | Fresh Fruit (18)  
1 Slice of Wheat Toast (14)

**French Toast with Syrup (36)**  
Scrambled Eggs | Oatmeal (13)

### FRIDAY

#### Scrambled Eggs

Oatmeal (13) | 1 Slice of Wheat Toast (14)  
Fresh Fruit (18)

#### Half English Muffin (13)

Hard Boiled Egg | Corn Flakes (17) Milk (13)  
Chilled Fresh Fruit Cup (11)

### SATURDAY

#### Scrambled Eggs

Grits (14) | 1 Slice of Wheat Toast (14)  
1 Slice Bacon & Sautéed Potatoes (14)

#### Seasonal Fruit (15)

Hard Boiled Egg | Cottage Cheese (3)  
2 Slice of Wheat Toast (28)

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The number in parentheses ( x ) represents the grams of carbohydrate in that item. If a number is not indicated next to an item, that item contains zero grams of carbohydrates.

BELIEVE IN  
THE POWER OF  
food

## LUNCH

Serving Time: 11am - 12:30pm

### SUNDAY

#### Herb Chicken

Served with rice pilaf (24) and sweet chili  
glazed asparagus, yellow squash,  
mushrooms and bell peppers (14)

#### Chef Salad (7)

Served with chicken noodle soup (12)

### MONDAY

#### Herb Roasted Pork Loin

Served with mashed sweet potatoes (17),  
and green beans (6)

#### Grilled Chicken Caesar Wrap (31)

Served with beef vegetable soup (7)  
and garden salad (3)

### TUESDAY

#### Garlic Herb Meatloaf (7)

Garlic mashed potatoes (18) and  
steamed broccoli florets (4)

#### Creamy Dijon Roast Beef Sandwich (28)

Served with chicken tortilla soup (9)

### WEDNESDAY

#### Roast Beef with Gravy (4)

Served with pinto beans (23) and  
sautéed zucchini (3)

#### Turkey Sandwich on Wheat (26)

Served with vegetable soup (7)  
garden salad (3)

### THURSDAY

#### Asian Pepper Steak (16)

Served with steamed rice (23),  
with glazed carrots (10)

#### Cottage Cheese with Fruit Plate (24)

Served with orange blossom muffin (32)

### FRIDAY

#### Marinated Grilled Chicken

Served with corn and pimento (18),  
and fresh broccoli (4)

#### Tuna Salad Sandwich (28)

and a side of Chicken noodle soup (12)

### SATURDAY

#### Salisbury Steak with Gravy (6)

Half baked potato (19) and green beans (6)

#### Chef Salad with Turkey & Swiss (7)

Served with potato soup (13)

## DINNER

Serving Time: 4:30pm - 6pm

### SUNDAY

#### Beef Tips with Buttered Noodles (30)

Served with glazed carrots (10)

#### Grilled Chicken Garden Salad (4)

Served with cream of broccoli soup (16)

### MONDAY

#### Marinated Grilled Chicken Breast

Served with seasoned mixed greens (4),  
and whole kernel corn (18)

#### Bistro Sandwich (26)

Served with garden salad (3)  
and creamy potato cheese soup (16)

### TUESDAY

#### Sliced Turkey with Gravy (3)

Baked potato half (19), tossed salad (3) and  
mixed garden vegetables (6)

#### Chicken Salad with Fruit Plate (18)

Served with beef noodle soup (19)

### WEDNESDAY

#### Baked Ziti with Meat Sauce (33)

Served with broccoli and cauliflower (5)

#### Deli Salad Trio with Chicken, Egg & Tuna Salads (12)

Served with raw vegetables (12)  
and homemade chicken noodle soup (12)

### THURSDAY

#### Pulled Pork

with mild barbecue sauce on side (11)  
half baked potato (19) | creamy coleslaw (9)

#### Chicken Salad Sandwich on Wheat (26)

Served with chicken and rice soup (9)  
and cup of grapes (16)

### FRIDAY

#### Honey Apple Roast Pork (3)

Served with black eyed peas (19)  
and zucchini slices (3)

#### Grilled Chicken Garden Salad (4)

Served with beef noodle soup (19)

### SATURDAY

#### Chicken & Mushrooms (6)

Served with great northern beans (17)  
and carrots, broccoli, cauliflower (5)

#### Half Italian Hoagie (21)

Served with chicken noodle soup (12)

## ALWAYS AVAILABLE

6:30 am to 9:30 am

## BREAKFAST

Scrambled Eggs (1) | Boiled Eggs  
Pancakes (16) | French Toast (24)  
Apple Cinnamon Cream of Wheat (20)  
Wheat Toast (14) | English Muffin (26)  
Cereals: Rice Krispies (16) | Corn Flakes (18)  
Cheerios (14) | Raisin Bran (27) | Special K (15)

## LUNCH & DINNER

11 am to 6 pm

### Soups

Chicken Noodle (8) | Tomato (21) | Potato (11)  
Cream of Chicken (10) | Vegetable (10)

### Entrée Sandwiches

Create your own Sandwich  
**Bread:** White (12), Wheat (14)  
**Cheese:** American, Mozzarella, Cheddar  
Turkey Breast | Ham | Pimento | Tuna  
Roast Beef | Chicken Salad  
Peanut Butter & Jelly (35)  
Grilled Cheese Sandwich (25)  
Cottage Cheese & Fruit Plate w/Muffin (54)  
Chicken Caesar Salad (9)  
Chef Salad (25) | Greek Salad (8)  
Grilled Chicken Sandwich on Wheat Bun (30)  
Veggie Burger on Wheat Bun (37)

### Sides

**Potato:** Whipped (17) or Baked (49)  
Green Beans (6) | Carrots (8) | Coleslaw (9)  
Garden Green Salad (3) | Caesar Salad (6)

### Salad Dressings:

Fat-Free Italian (5) | Fat-Free Ranch (4)  
Fat-Free 1000 Island (3) | Fat-Free French (4)

### Desserts

Dessert of the Day  
Sugar-Free Flavored Gelatin  
Sugar-Free Pudding: Chocolate, Vanilla (16)  
Fruit Cup (11) | Chilled Peaches (14)  
Chilled Pineapple (16)  
Chilled Applesauce (11) | Chilled Pear (17)  
Light & Fit Fruit Yogurt (15)

## BEVERAGES

### Juice

Apple (15), Orange (14), or Cran-grape (16)

### Milk

Skim (13)

### Coffee

Regular | Decaf

### Tea

Unsweetened Iced | Regular  
Decaf | Hot Tea

### Soft Drinks

Diet Coke, Sprite Zero

### Other

Crystal Light