

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

Grits | 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

HEART HEALTHY

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.

Cardiac Diet

Your diet, like your medication, is an important part of your treatment and may speed your recovery. Your doctor has ordered a cardiac diet for you.

While on this diet, you will not be served:

- High fat or highly processed meats and cheeses such as bacon, sausage, hot dogs, or ham
- Whole fat dairy products, sauces, salad dressings, and mayonnaise
- A salt packet on your tray

You will be served:

- Lean meat or meat substitutes
- Low fat dairy products, sauces, salad dressings, and mayonnaise
- Low sodium soups and broths
- A salt free seasoning

SR = Reduced sodium choice



BREAKFAST

Serving Time: 7am - 9:30am

SUNDAY

Scrambled Eggs

Oatmeal

2 Slices of Wheat Toast

Shredded Wheat Cereal with Milk

Mixed Berry Yogurt Parfait

Blueberry Muffin

MONDAY

Scrambled Eggs

2 Slices of Wheat Toast

Cheerios with Milk

French Toast with Syrup

Grits

TUESDAY

Scrambled Eggs

Grits I 2 Slices of Wheat Toast

Cheerios with Milk

Blueberry Muffin I Banana

WEDNESDAY

Pancakes with Syrup

Scrambled Eggs I Oatmeal

Chilled Peach Slices

English Muffin

Oatmeal I Chilled Peach Slices

THURSDAY

Scrambled Eggs

O'Brien Potatoes I 2 Slices of Wheat Toast

Banana

French Toast with Syrup

Oatmeal

FRIDAY

Scrambled Eggs with Wheat Toast

Oatmeal I Chilled Fresh Fruit Cup

English Muffin

Shredded Wheat Cereal

Chilled Fresh Fruit Cup

SATURDAY

Scrambled Eggs

2 Slices Wheat Toast I Banana

Cheerios with Milk

Banana I Orange Blossom Muffin

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LUNCH

Serving Time: 11am - 12:30pm

SUNDAY

Herb Seasoned Chicken & Rice Pilaf

Served with sweet chili glazed asparagus, yellow squash, red peppers and mushrooms

Chef Salad & SR Chicken Noodle Soup

Turkey and Swiss chef salad served with a hot bowl of chicken noodle soup

Dessert – Chilled Peaches

MONDAY

Herb Roasted Pork Loin

Served with mashed sweet potatoes, garden salad and green beans

Grilled Chicken Sandwich on Bun

Served with SR beef vegetable soup

Dessert – Red Seedless Grapes

TUESDAY

Garlic Herb Meatloaf and Gravy

Garlic mashed potatoes and steamed broccoli

SR Roast Beef Sandwich

SR Chicken Tortilla Soup

Dessert – Fresh Berries with Whip Topping

WEDNESDAY

Roast Beef with Gravy

Served with pinto beans and sautéed zucchini with pimento

Turkey Sandwich on Wheat Bread

Served with SR vegetable soup and a garden green salad

Dessert – Cinnamon Apples

THURSDAY

Asian Beef Pepper Steak and Gravy

Served over rice, along with glazed carrots and a roll

Cottage Cheese with Fruit Plate and Orange Blossom Muffin

Hearty Kettle SR Chicken Noodle Soup

Dessert – Vanilla Wafers

FRIDAY

Marinated Grilled Chicken

Corn with pimento and Steamed broccoli

Tuna Salad on Wheat

Served with SR chicken noodle soup

Dessert – Chilled Peaches

SATURDAY

Salisbury Steak

Served with gravy, baked potato and green beans

Chef Salad with Turkey and Swiss

Served with SR potato soup

Dessert – Applesauce

DINNER

Serving Time: 4:30pm - 6pm

SUNDAY

Braised Beef Tips

Served with buttered noodles, and steamed carrots

Chicken Salad with Peaches & Pears Plate

Served with SR tomato soup

Dessert – Chocolate Pudding

MONDAY

Marinated Grilled Chicken Breast

Served with kernel corn and turnip greens

Tuna Salad Sandwich

Served with SR potato soup and garden salad

Dessert – Fresh Fruit Cup

TUESDAY

Sliced Turkey and Gravy

Baked potato, garden salad and mixed garden vegetables

Chicken Salad with Fruit Plate

Served with SR beef noodle soup

Dessert – Blushed Pears

WEDNESDAY

Baked Ziti with Meat Sauce

Served with garden salad and steamed broccoli and cauliflower florets

Chicken Salad Plate with Chicken

Egg and tuna salads with raw vegetables

Dessert – Fresh Fruit Cup

THURSDAY

Pulled Pork with BBQ Sauce on the Side

Baked Potato

Green Beans

Chicken Salad Sandwich

Served with Chicken Rice Soup

Dessert – Fresh Grapes

FRIDAY

Honey Apple Roast Pork and Gravy

Served with black eye peas, sautéed zucchini and wheat roll

Salad with Grilled Chicken

SR Beef Noodle Soup

Dessert – Strawberry Shortcake

SATURDAY

Baked Chicken with Mushrooms

Served with northern beans, and a medley of broccoli, cauliflower and carrots

Cottage Cheese and Fruit Plate

served with SR chicken noodle soup

Dessert – Creamy Vanilla Pudding

ALWAYS AVAILABLE

6:30 am to 9:30 am

BREAKFAST

Cereal & Yogurt

Fresh Fruit, Granola & Yogurt Parfait
Rice Krispies I Corn Flakes I Frosted Flakes
Cheerios I Honey Nut I Raisin Bran
Fruit loops I Frosted Mini Wheats
Special K

Fruit

Orange (1) I Banana (2)

Fresh Fruit Cup (1)

LUNCH & DINNER

11 am to 6 pm

Soups

SR Chicken Noodle I SR Tomato I SR Potato
SR Vegetable I SR Beef Vegetable

Entrée Sandwiches

Create your own Sandwich

Bread: White, Wheat

Turkey Breast I Tuna I Roast Beef
Chicken Salad

Peanut Butter & Jelly

Cottage Cheese & Fruit Plate

Grilled Chicken Sandwich

Grilled Chicken Strips

Grilled chicken over salad

SR Chef Salad

Chicken Caesar Salad

Sides

Potato: Whipped or Baked

Green Beans I Carrots I Pinto Beans

Garden Green Salad

Coleslaw I Caesar Salad

Salad Dressings: Ask your Catering Associate

Desserts

Ice Cream, Chocolate, Vanilla, Strawberry
Flavored Gelatin

Pudding: Chocolate, Vanilla

Sugar Free Pudding

Angel Food Cake

Chilled Fruit I Peaches I Pineapple

Applesauce I Pears

Seasonal Fresh Fruit

BEVERAGES

Juice

Apple, Orange, Grape, or Cranberry

Milk

Skim, 2%

Coffee

Regular or Decaffeinated

Tea

Sweetened or Unsweetened Iced Tea

Regular or Decaffeinated Hot Tea

Other

Lemonade I Fruit Punch