

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

Italian Ice

Gelatin
 Regular | Sugar-Free

Popsicles

FULL LIQUID MENU

Juices
 Apple | Grape | Cranberry | Orange
 Tomato | Prune

Cereals
 Cream of Wheat

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

REGULAR

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.

Regular - There are no diet restrictions for this diet.

Sodium Restricted (2000 mg sodium) - You will be served herbs and spices instead of salt as your seasoning. Foods such as processed cheese, bacon, luncheon meats, hot dogs, sausage and ham will be limited.

Low Cholesterol / Low Fat - You will be served fresh fruits and vegetables, lean meats, low fat salad dressings and low fat dairy products.

Consistent Carbohydrate - Carbohydrate containing foods have the greatest effect on your blood sugar. You will be served consistent 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.

Renal - While on this diet, your meals may limit one or more of the following: Fluids, Protein - found in eggs, meat, and dairy products (milk, cheese), Sodium - found in cured meats (bacon/ ham) and other highly processed foods, Potassium - high in some fruits and vegetables, Phosphorus - found in milk, nuts, chocolate and colas.

Clear Liquids - You will be served clear liquids including juices, coffee, tea, broth, and jello.

Full Liquids - In addition to clear liquids, you may enjoy hot cereal, cream soups, milk and milk products, including pudding and yogurt.

*Heart Healthy or Cardiac diets can include the combination of the Low Cholesterol / Low-Fat and Sodium Restricted diets.



BREAKFAST

Serving Time: 7am - 9:30am

ENTRÉES

Scrambled Cheese Eggs
Cheese Omelet
Pancakes - Plain or Blueberry
Cinnamon French Toast

SIDES

Biscuit
Breakfast Potatoes
Toast
Toasted Bagel
Toasted English Muffin
Blueberry Muffin
Bacon
Sausage Pattie
Assorted Low Fat Yogurt
(ask your Catering Associate)

CEREALS

Grits
Oatmeal
Cream of Wheat
Assorted Dry Cereal
(ask your Catering Associate)

FRUIT

Orange
Banana
Apple
Fresh Fruit Cup

BREAKFAST BEVERAGES

Coffee: Regular or Decaffeinated
Tea: Iced or Hot
Juice: Apple, Orange, Grape,
or Cranberry
Milk: Skim, 2%, Chocolate

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Nutrition and Food Service



LUNCH

Serving Time: 11am - 12:30pm

SUNDAY

Teriyaki Chicken
over rice pilaf
served with sweet chili glazed asparagus,
yellow squash, mushrooms and red bell peppers

Chef Salad & Chicken Noodle Soup
Turkey and Swiss chef salad served with
a hot bowl of chicken noodle soup
Dessert – Fresh Glazed Donut

MONDAY

Herb Roasted Pork Loin
Served with mashed sweet potatoes,
and green beans

Grilled Chicken Caesar Wrap
Served with beef vegetable soup
Dessert – Homemade M&M Rice Krispies Treat

TUESDAY

Garlic Herb Meatloaf
Steamed broccoli florets and
garlic whipped potatoes

Creamy Dijon Roast Beef Sandwich
Chicken Tortilla Soup
Dessert – Lemon Meringue Pie

WEDNESDAY

Roast Beef with Gravy
Served with pinto beans and
sautéed zucchini with pimento

Turkey Club Wrap
Served with vegetable soup and
a garden green salad
Dessert – Cherry Cobbler

THURSDAY

Classic Pepper Steak over Rice
Served with glazed carrots

Cottage Cheese Fruit Plate
Served with orange blossom muffin
and side of homemade chicken noodle soup
Dessert – Fresh Baked Sugar Cookie

FRIDAY

Chicken Alfredo
served with fresh steamed broccoli,
garlic breadstick and garden salad

Tuna Salad Sandwich & Creamy Broccoli Cheese Soup
Tuna salad served on wheat bread
with diced peach on the side
Dessert – Deluxe Brownie

SATURDAY

Salisbury Steak
All beef steak topped with homemade gravy
and served with fresh baked potatoes and
southern style green beans

Chef Salad
Served with homemade potato soup
Dessert – Apple Pie

DINNER

Serving Time: 4:30pm - 6pm

SUNDAY

Braised Beef Tips
Slow cooked beef tips in a rich gravy, served
over noodles with glazed carrots

Pulled Chicken Breast
Served with mild barbecue sauce on bun with
side of southern potato salad
Dessert – Deluxe Brownie

MONDAY

Marinated Grilled Chicken Breast
Served with baked macaroni and cheese
and seasoned turnip greens

Bistro Sandwich
Served with creamy potato cheese soup
and garden salad
Dessert – Lemon Square

TUESDAY

Roasted Turkey Breast
Served with gravy, cornbread dressing,
mixed garden vegetables and garden salad

Chicken Salad Wrap
Served with creamy macaroni salad
Dessert – Chocolate Cream Pie

WEDNESDAY

Baked Ziti with Meat Sauce
Served with steamed broccoli, cauliflower florets
and garden salad

Chicken, Egg and Tuna Salad
Served with raw vegetables and
cup of fresh fruit
Dessert – Strawberry Cheesecake

THURSDAY

Homemade Pulled Pork
Hash Brown Casserole
Creamy Coleslaw and mild barbecue sauce on side

Chicken Salad Sandwich
On wheat bread and
side of homemade Chicken Rice Soup
Dessert – Apple Cobbler

FRIDAY

Honey Apple Roast Pork
Served with black eyed peas
and zucchini slices

Bacon, Lettuce & Tomato Sandwich
Served with beef noodle soup
Dessert – Strawberry Shortcake

SATURDAY

Chicken and Mushrooms
Grilled chicken breast with a light mushroom sauce,
served with great northern beans and a fresh carrot,
broccoli and cauliflower blend

Italian Hoagie
Hoagie bun with sliced ham,
salami, cheese, and lettuce and tomato,
homemade chicken noodle soup
Dessert – Fresh Baked Chocolate Chip Cookie

ALWAYS AVAILABLE

6:30 am to 9:30 am

BREAKFAST

Cereal & Yogurt
Fresh Fruit, Granola & Yogurt Parfait
Rice Krispies | Corn Flakes | Frosted Flakes
Cheerios | Honey Nut | Raisin Bran
Fruit Loops | Frosted Mini Wheats
Special K
Fruit
Orange | Banana | Fresh Fruit Cup

LUNCH & DINNER

11 am to 6 pm

Soups

Chicken Noodle | Tomato | Potato
Cream of Chicken | Beef Vegetable

Entrée Sandwiches

Create your own Sandwich
Bread: White, Wheat, Hoagie Bun
Cheese: American or Swiss
Turkey | Ham | Roast Beef
Chicken Salad | Pimento Cheese
Peanut Butter & Jelly
Grilled Cheese | Grilled Chicken
Deluxe Hamburger | Veggie Burger
Pizza

Fried Chicken Fingers
Chef Salad | Chicken Caesar Salad
Cottage Cheese & Fruit

Sides

Whipped or Baked Potatoes
Green Beans | Carrots | Pinto Beans
Garden Green Salad
Salad Dressings: Ask your Catering Associate

Desserts

Ice Cream, Chocolate, Vanilla, Strawberry
Flavored Gelatin
Chocolate or Vanilla Pudding
Sugar-Free Pudding
Homestyle Sugar Cookies
Brownies | Angel Food Cake
Peaches | Pineapple | Applesauce | Pears
Seasonal Fresh Fruit | Chilled Fruit

BEVERAGES

Juice

Apple, Orange, Grape, or Cranberry

Milk

Skim, 2%, Chocolate

Coffee

Regular or Decaf

Tea

Hot or Cold

Soft Drinks

Coke, Diet, Sprite, Sprite Zero, Fanta

Other

Crystal Light, Lemonade, Fruit Punch