

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
Prune

Cereals

Grits | Cream of Wheat | Oatmeal

Broths

Chicken | Beef | Vegetable

Soup

Cream of Mushroom
Cream of Chicken

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

RENAL

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.

Renal Diet

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

While on this diet, your meals may limit one or more of the following:

- 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
- Fluids or foods item that are liquid



BREAKFAST

Serving Time: 7am - 9:30am

SUNDAY

Scrambled Eggs

Oatmeal
2 Slices of White Toast

Rice Krispies with 1/2 Cup Milk

Hard Boiled Egg
Blueberry Muffin

MONDAY

Home Style Scrambled Eggs

2 Slices of White Toast
Cheerios with 1/2 Cup Milk

French Toast with Syrup

Scrambled Eggs I Grits

TUESDAY

Scrambled Eggs

Grits I 2 Slices of White Toast I Grapes

Blueberry Muffin

Hard Boiled Egg
Cheerios with 1/2 Cup Milk

WEDNESDAY

Pancakes

Scrambled Eggs I Oatmeal
Chilled Peaches

English Muffin

Hard Boiled Egg I Oatmeal I Chilled Peaches

THURSDAY

Scrambled Eggs

1 Slice of White Toast
Oatmeal I Grapes

French Toast with Syrup

Scrambled Eggs I Oatmeal

FRIDAY

Scrambled Eggs

Oatmeal I White Toast I Fresh Fruit

English Muffin

Hard Boiled Egg I Chilled Fresh Fruit
Rice Krispies with 1/2 Cup Milk

SATURDAY

Home Style Scrambled Eggs

Grits I 1 Slice White Toast I Peaches

Cheerios with 1/2 Cup Milk

Hard Boiled Egg I Peaches
Orange Muffin

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

LUNCH

Serving Time: 11am - 12:30pm

SUNDAY

Herb Seasoned Chicken & Rice Pilaf

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

Turkey & Swiss Chef Salad

Served with homemade chicken noodle soup
Dessert: Chilled peaches

MONDAY

Herb Roasted Pork Loin

Served with parsley noodles, and green beans

Grilled Chicken Sandwich

Served with garden salad and
beef vegetable soup

Dessert: Fresh red seedless grapes

TUESDAY

Slow Baked Italian Meatloaf

Served with white rice
and steamed broccoli

Roast Beef Sandwich

Served with chicken tortilla soup
Dessert: Fresh berries with whipped topping

WEDNESDAY

Roast Beef with Gravy

Served with white rice
and sautéed zucchini with pimento

Turkey Sandwich on White

Served with vegetable soup and garden salad
Dessert: Baked cinnamon apples with
whipped topping

THURSDAY

Classic Pepper Steak

Served with steamed rice
and glazed carrots

Cottage Cheese with Peaches & Pears

Served with orange blossom muffin
Dessert: Vanilla wafers

FRIDAY

Marinated Grilled Chicken

Served with corn with pimento
and steamed broccoli

Tuna Salad Sandwich & Chicken Noodle Soup

Tuna salad served on white bread
Dessert: Chilled peaches

SATURDAY

Chopped Steak with Gravy

Served with green beans
and buttered rice

Turkey & Swiss Chef Salad

Served with homemade beef
vegetable soup
Dessert: Apple pie or applesauce

Meals are served with roll and dessert

DINNER

Serving Time: 4:30pm - 6pm

SUNDAY

Braised Beef Tips with Buttered Noodles

Served with glazed carrots

Chicken Salad & Peach & Pear Plate

(a scoop of our homemade chicken salad
served with a side of peaches & pears)

Dessert: Vanilla pudding or applesauce

MONDAY

Marinated Grilled Chicken Tenderloin

Served with steamed carrots
and whole kernel corn

Tuna Salad Sandwich on White

Served with garden salad
and beef noodle soup

Dessert: Lemon bar topped with
powdered sugar

TUESDAY

Sliced Turkey with Gravy

Served with dressing
and mixed garden vegetables

Chicken Salad with Peaches & Pears

Served with beef noodle soup
Dessert: Blush pears with cinnamon

WEDNESDAY

Baked Ziti with Meat Sauce

Served with green beans

Chef Salad & Soft Fruit Plate

Served with SR homemade chicken noodle soup
Dessert: Fresh fruit or applesauce

THURSDAY

Homemade Pulled Pork

Served with corn with pimento,
green beans and garden salad

Chicken Salad Sandwich on White Bread

Served with chicken rice soup
Dessert: Fresh red seedless grapes

FRIDAY

Honey Apple Roast Pork

Served with white rice
and zucchini slices

Caesar Salad with Grilled Chicken

Served with beef noodle soup
Dessert: Strawberry Shortcake

SATURDAY

SR Baked Chicken and Mushrooms

Served with buttered noodles, and a medley
of broccoli, cauliflower and carrots

SR Chicken Noodle Soup

Served with fresh fruit and
cottage cheese plate

Dessert: Fresh red seedless grapes

Meals are served with roll and dessert

ALWAYS AVAILABLE

6:30 am to 9:30 am

BREAKFAST

Pancakes I French Toast I Hard Boiled Egg
Cereals: Rice Krispies I Corn Flakes
Frosted Flakes, Cheerios, Honey Nut Cheerios
Fruit Loops, Apple Jacks, Corn Pops
Special K

Fruit

Grapes I Strawberries
Peaches I Pears I Pineapple

LUNCH & DINNER

11 am to 6 pm

Entrées

Create your own Sandwich

Bread: White

Turkey Breast

Tuna

Roast Beef

Chicken Salad I Egg Salad

Cottage Cheese & Fruit Plate

Deluxe Hamburger on a Bun

Grilled Chicken Sandwich

Grilled Chicken over Salad

Chef Salad

Chicken Caesar Salad

Sides

Corn I Green Beans

Carrots I Coleslaw

Garden Green Salad

Caesar Salad

Salad Dressings: Ranch, French,
Thousand Island, Italian, Fat-Free Ranch,
or Fat-Free Italian

Desserts

Dessert of the Day

Flavored Gelatin

Homestyle Sugar Cookies

Angel Food Cake

Chilled Peaches I Chilled Pineapple

Chilled Applesauce I Chilled Pears

BEVERAGES

Juice

Apple, Cran-Grape, or Cranberry

Milk

Skim, 2%

Tea

Sweetened or Unsweetened Iced Tea
Regular or Decaffeinated Hot Tea

Other

Lemonade, Fruit Punch
Sprite I Ginger Ale