

# ALWAYS AVAILABLE

## BREAKFAST

### CEREAL

CHEERIOS® (14g) | CORN FLAKES (19g)  
RICE KRISPIES® (16g) | TOTAL RAISIN BRAN® (29g)

APPLE CINNAMON CREAM OF WHEAT (27g)  
OATMEAL (19g) | GRITS (21g)

### BAKERY

BANANA CRUMB MUFFIN (23g)  
BLUEBERRY MUFFIN (22g)  
CRANBERRY ORANGE MUFFIN (23g)

### FRUIT

CONTINENTAL BREAKFAST (54g)  
FRUIT & HONEY YOGURT CRUNCH (42g)  
SEASONAL FRUIT (18g)

### GRILL

BACON (0g) | BREAKFAST POTATOES (23g)  
FRENCH TOAST (35g) | PANCAKES (33g)  
RED POTATO HASH (17g) SAUSAGE LINK (1g)  
SCRAMBLED EGGS (2g) | TURKEY SAUSAGE (0g)  
VEGGIE SAUSAGE (4g)

## LUNCH & DINNER

### SOUP

CHICKEN NOODLE (7g) | TOMATO BASIL (15g)

### SALAD

CHICKEN CAESAR (15g)  
MEDITERRANEAN CRUNCH (23g)

### SANDWICH

CLASSIC BLT (47g) | CLASSIC CHICKEN SALAD (27g)  
MEDITERRANEAN VEGGIE WRAP (44g)

### GRILL

DELUXE HAMBURGER (46g)  
DELUXE IMPOSSIBLE BURGER (55g)  
GRILLED CHICKEN SANDWICH (47g)

### DESSERT

SUGAR FREE CHOCOLATE PUDDING (15g)  
SUGAR FREE GELATIN (2g)  
SUGAR FREE VANILLA PUDDING (16g)  
VANILLA WAFER (14g)

## BEVERAGES

FRESH  
BREWED  
COFFEE

FRESH  
BREWED  
DECAF COFFEE

SUGAR  
FREE HOT  
COCOA (4g)

MILK (12g)  
SKIM | 2%

JUICE (13g)  
APPLE | CRANBERRY  
GRAPE | ORANGE  
PRUNE

# MENU

CONSISTENT CARBOHYDRATE

## HOURS

Contact your  
patient dining associate  
between 7:00am until 6:00pm.

## TO PLACE YOUR ORDER

A patient dining associate will visit/  
call you before your meals to take  
your order.

Scan the QR code below to view a  
copy of our weekly menu.



MAURY REGIONAL  
HEALTH

BELIEVE IN  
THE POWER OF  
food



## YOUR DOCTOR HAS ORDERED A **CONSISTENT CARBOHYDRATE DIET** FOR YOU, ALSO KNOWN AS A DIABETIC DIET.

At Morrison Healthcare all of our dishes start with flavor first. Our chefs have masterfully crafted dishes that start with fresh local ingredients and are flavored with a variety fresh herb, citrus and better for you spice blends.

**Your diet, like your medication, is an important part of your treatment and may speed your recovery process.**

Carbohydrates have the greatest affect on your blood sugar and need to be balanced with your medication. While on this diet, you will be served a consistent amount of carbohydrates – breads, cereals, pastas, milk and yogurt, fruits, and vegetables. Sugar sweetened beverages (soda) and high sugar desserts will be limited to achieve better blood sugar control. It is very important to control portion sizes, eat a variety of foods, and eat at regular times.

# DAILY SPECIALS

## SUNDAY

### BREAKFAST

**CLASSIC AMERICAN BREAKFAST**  
SCRAMBLED EGG (2g),  
TURKEY SAUSAGE (0g),  
BREAKFAST POTATOES (17g)

### LUNCH

**CHICKEN POT PIE** (17g)  
CHICKEN, PEAS, GREEN BEANS,  
CREAMY SAUCE, PUFF PASTRY,  
SAUTÉED ZUCCHINI

### DINNER

**SAVORY MEATLOAF** (8g)  
SMASHED RED SKIN POTATOES  
(24g), RANCH STEAMED  
BROCCOLI (5g)

## MONDAY

### BREAKFAST

**BISCUIT & GRAVY**  
BUTTERMILK BISCUIT WITH  
COUNTRY GRAVY (32g),  
SCRAMBLED EGG (2g)

### LUNCH

**TEXAS-STYLE BEEF**  
BRAISED BEEF (5g),  
BALSAMIC ONIONS (5g)  
MASHED POTATOES (18g),  
BROCCOLI (8g)

### DINNER

**SMOTHERED PORK CHOP**  
PORK CHOP WITH  
MUSHROOM GRAVY (5g),  
POTATO WEDGES (17g),  
LEMON PEPPER CARROTS (19g)

## TUESDAY

### BREAKFAST

**SPINACH & PARMESAN EGG BITE**  
CHEESY SPINACH EGG BITE (4g),  
RED POTATO HASH (17g)

### LUNCH

**SMOKEHOUSE BBQ PORK**  
PULLED PORK (19g),  
MAC & CHEESE (11g),  
RED CABBAGE SLAW (3g)

### DINNER

**CAJUN CHICKEN PASTA** (28g)  
BLACKENED CHICKEN, SAUSAGE,  
ROTINI, PEPPERS & ONIONS,  
MUSHROOMS, WHITE WINE  
CREAM SAUCE

## WEDNESDAY

### BREAKFAST

**NITTY GRITTY BOWL** (34g)  
CHEESE GRITS, CHEDDAR,  
SCRAMBLED EGG, BACON,  
SCALLIONS

### LUNCH

**CHICKEN & BROCCOLI ALFREDO** (27g)  
CHICKEN, ROTINI, BROCCOLI,  
ALFREDO

### DINNER

**BEEF BURGUNDY**  
BRAISED BEEF (5g),  
HERB CITRUS CRUNCH (2g),  
ROSEMARY POLENTA (10g),  
CARAMELIZED CARROTS (5g) &  
PEARL ONIONS (4g)

## THURSDAY

### BREAKFAST

**BREAKFAST SKILLET** (17g)  
HOMESTYLE POTATOES,  
PEPPERS & ONIONS,  
SCRAMBLED EGG,  
TURKEY SAUSAGE (0g)

### LUNCH

**ROASTED PORK**  
ROASTED PORK, DEMI GLACE,  
AU GRATIN POTATOES (21g),  
LEMON PEPPER CARROTS (9g)

### DINNER

**SLOW ROASTED TURKEY**  
ROASTED TURKEY (1g),  
GRAVY (3g),  
MASHED POTATOES (18g),  
HERB GREEN BEANS (11g)

## FRIDAY

### BREAKFAST

**CINNAMON FRENCH TOAST**  
BAKED CINNAMON SPICED  
FRENCH TOAST (23g),  
PANCAKE SYRUP (4g),  
TURKEY SAUSAGE (0g)

### LUNCH

**SOUTHWEST CHICKEN**  
MACARONI & CHEESE (22g),  
BRAISED GREENS (7g)

### DINNER

**TOMATO BASIL CHICKEN**  
BUTTERED ROTINI NOODLES,  
ITALIAN SAUTÉED VEGETABLES

## SATURDAY

### BREAKFAST

**HAM & CHEESE EGG BITE**  
HAM & CHEESE EGG BITE (3g),  
RED POTATO HASH (17g),  
TURKEY SAUSAGE (0g)

### LUNCH

**ROTISSERIE CHICKEN**  
ROASTED CHICKEN  
QUARTER (16g),  
MASHED POTATOES (18g),  
GREEN BEANS (11g)

### DINNER

**SOUTHWESTERN CARNITAS BOWL**  
SHREDDED PORK (1g),  
CILANTRO LIME RICE (14g),  
PINTO BEANS (33g),  
PICO DE GALLO (3g)