

# ALWAYS AVAILABLE

## BREAKFAST

### CEREALS & GRAINS

CHEERIOS® | CORN FLAKES  
RICE KRISPIES® | TOTAL RAISIN BRAN®

APPLE CINNAMON CREAM OF WHEAT  
OATMEAL | GRITS

### BAKERY

BANANA CRUMB MUFFIN | BLUEBERRY MUFFIN  
CRANBERRY ORANGE MUFFIN

### FRUIT

CONTINENTAL BREAKFAST  
FRUIT & HONEY YOGURT CRUNCH  
SEASONAL FRUIT

### GRILL

BREAKFAST POTATOES | FRENCH TOAST  
PANCAKES | RED POTATO HASH  
SCRAMBLED EGGS | TURKEY SAUSAGE  
VEGGIE SAUSAGE

## LUNCH & DINNER

### SOUP

CHICKEN NOODLE | TOMATO BASIL  
SEASONAL SPECIAL

### SALAD

CHICKEN CAESAR | MEDITERRANEAN CRUNCH

### SANDWICH

½ CLASSIC CHICKEN SALAD  
½ MEDITERRANEAN VEGGIE WRAP

### GRILL

DELUXE HAMBURGER  
½ DELUXE IMPOSSIBLE BURGER  
GRILLED CHICKEN SANDWICH

### DESSERT

CHOCOLATE PUDDING  
LEMON ITALIAN ICE  
VANILLA PUDDING  
VANILLA WAFERS

## BEVERAGES

FRESH  
BREWED  
COFFEE

FRESH  
BREWED  
DECAF COFFEE

HOT  
COCOA

SKIM  
MILK

JUICE  
APPLE | CRANBERRY  
GRAPE | ORANGE  
PRUNE

# MENU

HEART HEALTHY

## 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*



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.

**YOUR DOCTOR HAS ORDERED A HEART HEALTHY DIET FOR YOU.** A heart healthy diet is recommended for promoting cardiovascular health and reducing the risk of heart disease. While on this diet, you will be served lean meats, low fat dairy products and salad dressings, and low sodium soups and broth. Foods high in saturated fat (desserts) will also be limited. A salt packet will not be on your tray.

# DAILY SPECIALS

## SUNDAY

**BREAKFAST**  
CLASSIC AMERICAN  
BREAKFAST  
SCRAMBLED EGG,  
BREAKFAST POTATOES

**LUNCH**  
CHICKEN POT PIE  
MASHED POTATOES, SAUTÉED  
ZUCCHINI

**DINNER**  
SAVORY MEATLOAF  
SMASHED RED SKIN POTATOES,  
GARLIC AND HERB GREEN  
BEANS

## MONDAY

**BREAKFAST**  
EGGS & TOAST  
SCRAMBLED EGG,  
ENGLISH MUFFIN WITH JELLY

**LUNCH**  
TEXAS-STYLE  
BEEF  
BRAISED BEEF,  
BALSAMIC ONIONS,  
MASHED POTATOES, BROCCOLI

**DINNER**  
CITRUS AND HERB  
PORK CHOP  
PORK CHOP, POTATO WEDGES,  
LEMON PEPPER CARROTS

## TUESDAY

**BREAKFAST**  
CLASSIC AMERICAN  
BREAKFAST  
SCRAMBLED EGG,  
BREAKFAST POTATOES

**LUNCH**  
SMOKEHOUSE  
BBQ PORK  
PULLED PORK,  
STEAMED RICE, RED CABBAGE  
SLAW

**DINNER**  
CAJUN CHICKEN  
PASTA  
BLACKENED CHICKEN, ROTINI,  
PEPPERS & ONIONS,  
WHITE WINE CREAM SAUCE,  
MUSHROOMS

## WEDNESDAY

**BREAKFAST**  
NITTY GRITTY BOWL  
CHEESE GRITS, CHEDDAR,  
SCRAMBLED EGG, SCALLIONS

**LUNCH**  
PASTA POMODORO  
ROTINI, BLISTERED TOMATOES,  
BASIL, PARMESAN

**DINNER**  
BEEF BURGUNDY  
BRAISED BEEF, HERB CITRUS  
CRUNCH, ROSEMARY POLENTA,  
CARAMELIZED CARROTS &  
PEARL ONIONS

## THURSDAY

**BREAKFAST**  
BREAKFAST SKILLET  
HOMESTYLE POTATOES,  
PEPPERS & ONIONS,  
SCRAMBLED EGG

**LUNCH**  
ROASTED PORK  
MASHED POTATOES, LEMON  
PEPPER CARROTS

**DINNER**  
SLOW ROASTED  
TURKEY  
ROASTED TURKEY, GRAVY,  
MASHED POTATOES,  
HERB GREEN BEANS

## FRIDAY

**BREAKFAST**  
CINNAMON FRENCH  
TOAST  
BAKED CINNAMON SPICED  
FRENCH TOAST,  
SCRAMBLED EGG

**LUNCH**  
SOUTHWEST CHICKEN  
CHEESE GRITS, BRAISED  
GREENS

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

## SATURDAY

**BREAKFAST**  
CLASSIC AMERICAN  
BREAKFAST  
SCRAMBLED EGG,  
BREAKFAST POTATOES

**LUNCH**  
ROTISSERIE  
CHICKEN  
ROASTED CHICKEN,  
MASHED POTATOES,  
GREEN BEANS

**DINNER**  
SOUTHWESTERN  
CARNITAS BOWL  
SHREDDED PORK,  
CILANTRO LIME RICE,  
PINTO BEANS, PICO DE GALLO