

ALWAYS AVAILABLE

BREAKFAST

CEREALS

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

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

LUNCH & DINNER

SOUP

CHICKEN NOODLE | BROCCOLI CHEDDAR
SEASONAL SPECIAL

SALAD

SOUTHWEST GRILLED CHICKEN SALAD
CLASSIC COBB | CHICKEN CAESAR
HARVEST CHICKEN SALAD

SANDWICH

CLASSIC BLT | CLASSIC CHICKEN SALAD
BISTRO TURKEY | ULTIMATE CLUB

SIDES (SANDWICHES AND BURGERS)

CRISPY FRENCH FRIES | SIDE SALAD
PETITE BAKED POTATO | CHIPS

GRILL

GRILLED CHEESE SANDWICH
DELUXE HAMBURGER
DELUXE IMPOSSIBLE BURGER
GRILLED CHICKEN SANDWICH
GRILLED CHICKEN QUESADILLA
BAKED POTATO

DESSERT

BANANA PUDDING PARFAIT
CHOCOLATE MUG CAKE
PEANUT BUTTER BROWNIE BITE
SUGAR COOKIE | CHOCOLATE CHIP COOKIE

BEVERAGES

COFFEE

REGULAR | DECAF

TEA

HOT COCOA

MILK

SKIM | 2%

JUICE

APPLE | CRANBERRY
GRAPE | ORANGE
PRUNE

MENU

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 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.

DAILY SPECIALS

SUNDAY

BREAKFAST

CLASSIC AMERICAN BREAKFAST
SCRAMBLED EGG, BACON, BREAKFAST POTATOES

LUNCH

CHICKEN POT PIE
CHICKEN, PEAS, GREEN BEANS, CREAMY SAUCE, PUFF PASTRY, SAUTÉED ZUCCHINI

DINNER

SAVORY MEATLOAF
SMASHED RED SKIN POTATOES, RANCH STEAMED BROCCOLI

MONDAY

BREAKFAST

BISCUIT & GRAVY
BUTTERMILK BISCUIT, SCRAMBLED EGG, COUNTRY GRAVY

LUNCH

TEXAS-STYLE BEEF SANDWICH
OPEN FACED BEEF SANDWICH, BALSAMIC ONIONS, MASHED POTATOES, BROCCOLI

DINNER

SMOTHERED PORK CHOP
PORK CHOP, MUSHROOM GRAVY, POTATO WEDGES, LEMON PEPPER CARROTS

TUESDAY

BREAKFAST

SPINACH & PARMESAN EGG BITE
CHEESY SPINACH EGG BITE, RED POTATO HASH

LUNCH

SMOKEHOUSE BBQ PORK
PULLED PORK, MAC & CHEESE, RED CABBAGE SLAW, HONEY-KISSED CORNBREAD

DINNER

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

WEDNESDAY

BREAKFAST

NITTY GRITTY BOWL
CHEESE GRITS, CHEDDAR, SCRAMBLED EGG, BACON, SCALLIONS

LUNCH

PASTA POMODORO
ROTINI, BLISTERED TOMATOES, BASIL, PARMESAN, SIDE SALAD

DINNER

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

THURSDAY

BREAKFAST

BREAKFAST SKILLET
HOMESTYLE POTATOES, PEPPERS & ONIONS, SCRAMBLED EGG, SAUSAGE LINK

LUNCH

ROASTED PORK
ROASTED PORK, DEMI GLACE, AU GRATIN POTATOES, LEMON PEPPER CARROTS

DINNER

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

FRIDAY

BREAKFAST

FRENCH TOAST BREAD PUDDING
BAKED CINNAMON SPICED BRIOCHE, BACON

LUNCH

HOT HONEY FRIED CHICKEN
FRIED CHICKEN, MACARONI & CHEESE, BRAISED GREENS

DINNER

TOMATO BASIL CHICKEN
TOMATO BASIL CHICKEN, ROTINI, ITALIAN SAUTÉED VEGETABLES, PARMESAN

SATURDAY

BREAKFAST

HAM & CHEESE EGG BITE
HAM & CHEESE EGG BITE, RED POTATO HASH, SAUSAGE LINK

LUNCH

ROTISSERIE CHICKEN
ROASTED CHICKEN QUARTER, MASHED POTATOES, GREEN BEANS

DINNER

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