

## LIQUID DIETS

### CLEAR LIQUID MENU

#### Juices

Apple  
Grape

#### Hot Beverages

Fresh Brewed Coffee  
Fresh Brewed Tea  
Decaffeinated Tea

#### Broths

Chicken  
Beef  
Vegetable

#### Cold Beverages

Iced Tea  
Ginger Ale  
Diet Ginger Ale

#### Gelatin

Regular | Sugar-Free

#### Italian Ice

Popsicles

### FULL LIQUID MENU

#### Juices

Apple | Grape  
Orange  
Tomato | Prune

#### Cereals

Grits | Cream of Wheat

#### Broths

Chicken | Beef | Vegetable

#### Soup

Cream of Tomato | 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  
Ginger Ale  
Diet Ginger Ale  
Cola | Diet Cola



## MORRISON BELIEVES IN THE POWER OF FOOD

Its power to advance a healing and healthful mission. Its 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 CATERING ASSOCIATE

Please call \_\_\_\_\_  
between 6:30 am and 6:30 pm

## MENU



### TO PLACE YOUR ORDER:

A Catering 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.

- ☐ **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 the same amount of 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.
- ☐ **Gastrointestinal Soft** - While on this diet, you will not be served foods that may cause gas, such as broccoli, cauliflower, cabbage, onion and garlic. Please notify Food and Nutrition Services of any other foods that cause you discomfort.
- ☐ **Clear Liquids** - You will be served clear liquids including juices, coffee, tea, broth, and jello. Milk or cream with your coffee will not be served.
- ☐ **Full Liquids** - In addition to clear liquids, you may enjoy 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

### SUNDAY

**Hot Griddle Cakes**  
with Turkey Sausage

### MONDAY

**Scrambled Eggs**  
Fresh Baked Cinnamon-Apple Muffin  
Breakfast Potatoes  
Orange Wedges

### TUESDAY

**Creamy Oatmeal with Raisins**  
Scrambled Eggs  
Breakfast Potatoes

### WEDNESDAY

**Cinnamon French Toast**  
Turkey Sausage  
Total® Cereal

### THURSDAY

**Scrambled Eggs**  
Scrambled Eggs  
Breakfast Potatoes  
Turkey Sausage  
Fresh Blueberry Muffin  
Seasonal Fruit Cup

### FRIDAY

**Cheese Omelet**  
Fresh Baked Sweet Orange Muffin  
Seasonal Fruit Cup

### SATURDAY

**Breakfast Skillet**  
with eggs, potatoes and peppers  
Fresh Baked Blueberry Muffin  
Seasonal Fruit Cup

Some foods may not be appropriate based on your diet or food allergies.

The number in parenthesis is the total carbohydrates servings in the menu item.



## LUNCH

### SUNDAY

**Chicken Breast Marsala**  
Red Skin Mashed Potatoes  
Rosemary and Garlic Asparagus

**Ham and Cheese Sandwich**  
Corn Chowder

### MONDAY

**Garlic Herbed Pork Loin**  
with Steamed Broccoli  
Maple Mashed Sweet Potatoes

**Egg Salad Sandwich**  
with Vegetable Meatball Soup

### TUESDAY

**Homemade Turkey Meatloaf with Red Sauce**  
Herb Roasted Potatoes  
Steamed Green Beans

**Chicken Salad Fruit Plate**  
Beef Vegetable Soup

### WEDNESDAY

**Chicken Fried Rice**  
Fresh Asian Vegetable Blend

**Roast Beef Sandwich with Dijon Spread**  
Beef Vegetable Soup

### THURSDAY

**Broiled Salmon with Demi Glaze**  
Wild Rice Pilaf  
Fresh Rosemary Asparagus

**Grilled Caesar Wrap**  
Vegetable Rice Soup

### FRIDAY

**Southern BBQ Pulled Pork Sandwich**  
Fresh Fruit Cup

**Bistro Turkey Sandwich**  
Broccoli and Cheddar Soup

### SATURDAY

**Herb Crusted Baked Fish**  
Steamed Brown Rice  
Seasoned Spinach

**Vegetable Pot Pie**  
Fruit Cup

## DINNER

### SUNDAY

**Braised Beef**  
with Egg Noodles  
Carrots

**Turkey and Swiss Sandwich**  
Corn Chowder

### MONDAY

**Beef Lasagna**  
Tomato, Zucchini & Yellow Squash Blend  
French Breadstick

**Grilled Chicken Sandwich**  
Zucchini & Yellow Squash Blend  
Fruit Cup

### TUESDAY

**Roasted Chicken Quarter**  
with Macaroni and Cheese  
Parmesan Tomatoes

**Roasted Vegetable Sandwich with Balsamic Drizzle**  
Chicken Tortilla Soup

### WEDNESDAY

**Salisbury Steak with Onion Gravy**  
Whipped Potatoes  
Green Peas

**Santa Fe Chicken with Pasta**  
Beef Vegetable Soup

### THURSDAY

**Roasted Turkey Breast with Light Herbed Gravy**  
Mashed Potatoes  
Steamed Carrots and Bread Stuffing

**Egg Salad Sandwich**  
Vegetable Rice Soup

### FRIDAY

**Sesame Chicken**  
with Vegetables Fried Rice

**Bacon Tomato Ranch Turkey Wrap**  
Broccoli and Cheddar Soup

### SATURDAY

**Grilled Pork Chop**  
Spiced Baked Sweet Potatoes  
Braised Cabbage

**Chicken Parmesan**  
with Noodles and Marinara

## ALWAYS AVAILABLE

### BREAKFAST

**Hot Cereal:**  
Oatmeal | Cream of Wheat | Grits

**Cold Cereal:**  
Ask Catering Associate for options  
**Eggs Cooked to Order:**  
Scrambled | Fried Hard | Boiled | Egg Whites

**Omelets:**  
Cheese | Vegetable | Ham and Cheese

**Entrées:**  
Cinnamon French Toast  
(add blueberries or chocolate chips)  
Blueberry or Chocolate Chip Pancakes | Biscuit with Gravy  
Cottage Cheese with Peaches and Pears

**Sides:**  
Bacon | Ham | Turkey Sausage Links  
Pork Sausage Patty | Veggie Sausage | Cottage Cheese  
Yogurt: Strawberry, Peach or Blueberry  
Granola and Yogurt Parfait

**Bakery:**  
English Muffin | Toast (white or wheat)  
Blueberry Muffin | Biscuit  
Bagel: Plain, Blueberry or Cinnamon Raisin

**Condiments:**  
Margarine | Syrup | Cream Cheese | Jelly | Honey

**Fruit:**  
Orange | Banana | Grapes | Strawberries  
Canned Peaches | Canned Pears  
Fruit Cup (cantaloupe, honeydew and grapes)

**Beverages:**  
Soda: Coke, Diet Coke, Sprite, Diet Sprite, Pepsi  
Diet Pepsi, Ginger Ale, Diet Ginger Ale  
Milk: 2%, Skim, Whole, Chocolate, Lactaid  
Juice: Apple, Grape, Orange

### LUNCH & DINNER

**Cold Entrée**  
Turkey and Cheese Sandwich  
Ham and Cheese Sandwich  
Peanut Butter Sandwich  
Bacon and Tomato Wrap  
Cottage Cheese with Peaches and Pears  
Hummus with Pita Chips and Grapes  
Chicken Salad | Tuna Salad | Egg Salad  
\*can be served on white/wheat bread or as a scoop\*

**Burgers**  
Hamburger | Cheeseburger | Turkey Burger | Veggie Burger  
Toppings: Tomato, Mayo, Mustard and Ketchup  
**Hot Entrees**  
Grilled Chicken | Baked Fish  
Chicken Quesadilla | Sautéed Vegetable Quesadilla  
Cheese Quesadilla | Grilled Cheese  
Grilled Chicken Sandwich  
Fried Chicken Tenders | Chicken Alfredo with Rotini  
Rotini Pasta with Marinara

**Pizza:**  
Cheese | Pepperoni  
**Cup of Soup:**  
Tomato | Broccoli Cheddar | Vegetable Rice  
Chicken Noodle | Cream of Mushroom  
Cream of Chicken  
Chicken Broth | Vegetable Broth | Beef Broth

**Sides:**  
Fruit Cup | Steamed Carrots | Green Beans  
Broccoli | Chips | Rice | Fries | Applesauce  
Sweet Potato | Mashed Potatoes | Baked Potato

**Condiments:**  
Margarine | Sour Cream | Cheese | Bacon Crumbles  
Hot Sauce | Mayo | Mustard | Ketchup  
Ranch | Caesar | Honey Mustard

**Dessert:**  
Strawberry Shortcake  
Peaches and Cream Trifle | Brownie  
Chocolate Chip Cookies | Sugar Cookie  
Pudding: Chocolate or Vanilla  
Jello | Ice Cream