

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 (2)
with Turkey Sausage (0)
Total Calories: 225
Total Sodium: 328 MG

MONDAY

Scrambled Eggs (0)
Fresh Baked Cinnamon-Apple Muffin (2)
Breakfast Potatoes (1)
Orange Wedges (1)
Total Calories: 225
Total Sodium: 328 MG

TUESDAY

Creamy Oatmeal with Raisins (3)
Scrambled Eggs (0) | Breakfast Potatoes (1)
Total Calories: 274
Total Sodium: 372 MG

WEDNESDAY

Cinnamon French Toast (3)
Turkey Sausage (0) | Total® Cereal (1)
Total Calories: 265
Total Sodium: 644 MG

THURSDAY

Scrambled Eggs (0)
Breakfast Potatoes (1) | Turkey Sausage (0)
Fresh Blueberry Muffin (2)
Seasonal Fruit Cup (1)
Total Calories: 265
Total Sodium: 655 MG

FRIDAY

Cheese Omelet (0)
Fresh Baked Sweet Orange Muffin (2)
Seasonal Fruit Cup (1)
Total Calories: 470
Total Sodium: 567 MG

SATURDAY

Breakfast Skillet with eggs, potatoes
and peppers (1)
Fresh Baked Blueberry Muffin (2) | Seasonal
Fruit Cup (1)
Total Calories: 401
Total Sodium: 530 MG

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 (0)
Red Skin Mashed Potatoes (1)
Rosemary and Garlic Asparagus (0)
Total Calories: 400

Chicken Salad on Whole Grain (2)
Corn Chowder (1)
Total Calories: 453

MONDAY

Garlic Herbed Pork Loin (0)
Steamed Broccoli (0)
Maple Mashed Sweet Potatoes (1)
Total Calories: 344

Mediterranean Platter (4)
Vegetable Soup with Meatball (0)
Total Calories: 379

TUESDAY

**Homemade Turkey Meatloaf
with Red Sauce** (1)
Herb Roasted Potatoes (1)
Steamed Green Beans (0)
Total Calories: 318

Chicken Salad Fruit Plate (2)
Chicken Tortilla Soup (1)
Total Calories: 499

WEDNESDAY

Chicken Fried Rice (1)
Fresh Asian Vegetable Blend (0)
Total Calories: 379

Roast Beef Sandwich with
Dijon spread (2)
Beef Vegetable Soup (0)
Total Calories: 445

THURSDAY

Broiled Salmon with Demi Glaze (0)
Wild Rice Pilaf (1)
Fresh Rosemary Asparagus (0)
Total Calories: 349

Grilled Chicken Caesar Wrap (2)
Vegetable Rice Soup (0)
Total Calories: 289

FRIDAY

Southern BBQ Pulled Pork Sandwich (2)
Coleslaw (0)
Total Calories: 415

Bistro Turkey Sandwich (2)
Broccoli and Cheddar Soup (1)
Total Calories: 375

SATURDAY

Herb Crusted Baked Fish (1)
Brown Pilaf Rice (1)
Steamed Spinach (0)
Total Calories: 309

Chef Salad (2)
Chicken Tortilla Soup (1)
Total Calories: 442

DINNER

SUNDAY

Braised Beef Tips (0)
Egg Noodles (1)
Steamed Carrots (0)
Total Calories: 225

Turkey and Swiss Sandwich (2)
Corn Chowder (1)
Total Calories: 330

MONDAY

Beef Lasagna (2)
Tomato, Zucchini & Yellow Squash Blend (0)
French Breadstick (1)
Total Calories: 370

Greek Chicken Salad (0)
Vegetable Soup with Meatballs (0)
Total Calories: 340

TUESDAY

Roasted Chicken Quarter (0)
Macaroni and Cheese (1)
Parmesan Tomatoes (1)
Total Calories: 456

Beef Fajita Salad (1)
Chicken Tortilla Soup (1)
Total Calories: 516

WEDNESDAY

Salisbury Steak with Onion Gravy (1)
Whipped Potatoes (1)
Green Peas (1)
Total Calories: 538

Santa Fe Chicken Salad (1)
Beef Vegetable Soup (0)
Total Calories: 387

THURSDAY

Roasted Turkey Breast served with a
light herbed gravy (0)
Mashed Potatoes (1)
Fresh Steamed Carrots (0)
Bread Stuffing (1)
Total Calories: 404

Chopped Salad (0)
Vegetable Rice Soup (1)
Total Calories: 91

FRIDAY

Sesame Chicken with vegetables (1)
Fried Rice (1)
Total Calories: 363

Spinach Salad topped with roasted turkey,
Cranberries and Almonds (1)
Broccoli and Cheddar Soup (1)
Total Calories: 415

SATURDAY

Grilled Pork Chop (0)
Spiced Baked Sweet Potatoes (1)
Braised Cabbage (0)
Total Calories: 416

Fresh Fruit Plate with Banana Nut Bread (3)
Chicken Tortilla Soup (1)
Total Calories: 400

ALWAYS AVAILABLE

BREAKFAST

Hot Cereal
Fresh Fruit, Granola and Yogurt Parfait 156 (2)
Assorted Cold Cereal 80-150 (2-3)
Oatmeal with Raisins 208 (3)

Grill
Scrambled Eggs 61 (0)
Pancakes (Plain or Blueberry) 173 (2)
Cheese Omelet 279 (0) | Plain Omelet 210 (0)

Bakery

English Muffin 129 (2) | Toast 110 (1)
Blueberry Muffin 137 (2)

Fruit:

Orange 62 (1) | Banana 105 (2)
Fresh Fruit Cup 35 (1)

LUNCH & DINNER

Entrée Salads

Turkey Cobb 240(1)
Southwest Chicken 462(1)
Chicken Caesar Salad 293 (1)
Grilled Chicken Caesar 293(1)
Strawberry Fields with Grilled Chicken 332(1)
Mediterranean Platter with Hummus 369(4)
Chicken Salad & Fruit Plate 249(1)
Cottage Cheese & Fruit Plate 163(2)
Dressings: Ranch, Caesar, Italian, French,
Thousand Island, Honey Mustard,
Balsamic Vinaigrette

Soup

Chicken Tortilla 168 (1) | Tomato Basil Soup 155 (1)
Chicken Noodle (1) | Broccoli Cheddar (1)

Entrees

Hummus and Tabbouleh 369 (4)
With Fresh Vegetables and Whole Grain Pita Chips
And served with Grapes
Tuna Salad 332 (0)
Hamburger 351 (2)
Black Bean Veggie Burger 335 (3)
Pepperoni 347 (3) or Cheese Pizza 366 (3)
Rotini Pasta with Marinara Sauce 395 (3)
Grilled Chicken Breast 152 (0)
Grilled Cheese Sandwich 448 (2)

Sides

Fresh Fruit Cup 35 (1)
Chopped Country Coleslaw 120 (1)
Pasta Salad 114 (2)
Garden Green Salad 16 (0)
Buttermilk Potato Salad 125 (1)
Green Beans 25 (0)
Steamed Carrots 44 (0)

Desserts:

Strawberry Shortcake 115(1)
Peaches & Cream Trifle 243(2) | Brownies 161(2)
Chocolate Chip Cookies 128(1), Sugar 122(1)
Pudding: Vanilla or Chocolate 93(1)
Ice Cream | Applesauce 51(1) | Jello 76(1)

BEVERAGES

Coffee: Regular or Decaf
Tea: Iced or Hot
Hot Cocoa
Juice: Apple, Grape, Orange
Lemonade
Milk: Skim, 2%, Whole, Chocolate, Lactaid, Soy
Soda: Coca Cola, Diet Coke, Sprite, Diet Sprite,
Pepsi, Diet Pepsi, Ginger Ale, Diet Ginger Ale



Calories precede the carbohydrate count () in each item.