

## 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 | Corn Bisque

#### 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

### MONDAY

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

### TUESDAY

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

### WEDNESDAY

**Cinnamon French Toast** (1)  
Turkey Sausage (0) | Total® Cereal (1)  
Total Calories: 265

### THURSDAY

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

### FRIDAY

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

### SATURDAY

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

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.

BELIEVE IN  
THE POWER OF  
food

## LUNCH

### SUNDAY

**Chicken Breast Marsala** (0)  
Red Skinned Mashed Potatoes (1)  
Rosemary & Garlic Asparagus (0)  
Total Calories: 400

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

### MONDAY

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

**Mediterranean Platter** (1)  
Beef Vegetable Soup (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)  
Beef Vegetable 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 (1)  
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 (1)  
Total Calories: 289

### FRIDAY

**Southern BBQ Pulled Pork Sandwich** (1)  
Coleslaw (0)  
Total Calories: 415

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

### SATURDAY

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

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

## DINNER

### SUNDAY

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

**Turkey and Swiss Sandwich** (0)  
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** (0)  
Beef Vegetable Soup (0)  
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 (1)  
Bread Stuffing (1)  
Total Calories: 404

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

### FRIDAY

**Sesame Chicken** with vegetables (0)  
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 Bread (3)  
Chicken Tortilla Soup (1)  
Total Calories: 400

## ALWAYS AVAILABLE

### BREAKFAST

#### Hot Cereal:

Oatmeal 143(1) | Cream of Wheat 70(1) | Grits 61(0)

#### Eggs Cooked to Order:

Scrambled 61(0) | Fried Hard 97(0) | Boiled 68(0)  
Egg Whites 60(0)

#### Omelets:

Denver 224(0) | Vegetable 139(0) | Cheese 279(0)

#### Entrées

Cinnamon Texas French Toast 143(1) with:  
Plain Blueberries or Chocolate Chips  
Pancakes 173(2) (white, wheat) with:  
Plain Blueberries or chocolate Chips  
Biscuit with Gravy 252(2)

#### Sides:

Bacon 32(0) | Ham 42(0) | Turkey Sausage Links 34(0)  
Pork Sausage Patty 95(0) | Fresh Fruit  
Granola & Yogurt Parfait 156(2)  
Yogurt: Strawberry, Peach, Blueberry

#### Bakery

English Muffin 129(2) | Toast (white or wheat) 63(1)  
Blueberry Muffin 137(2) | Biscuit 182(2)  
Bagel: Plain 269(4), Blueberry 279(4), Cinnamon Raisin 233(4)

#### Condiments:

Margarine | Pancake Syrup | Cream Cheese | Jelly | Honey

#### Fruit:

Orange 62(1) | Banana 105(2) | Red Apple 68(1)  
Green Apples 68(1) | Grapes 65(1) | Seasonal Fresh Fruit 35(1)

## LUNCH & DINNER

#### Entrée Salads

Turkey Cobb 240(1) | Southwest Chicken 462(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:

Tomato 89(1) | Cream of Chicken 129(1) | Vegetable 80(1)  
Chicken Noodle 97(1) | Chicken Broth 12(0)  
Beef Broth 10(0) | Vegetable Broth 8(0)

#### From the Grill

Deluxe Hamburger 351(2) | Deluxe Cheeseburger 390(2)  
Turkey Burger 369(2) | Black Bean Vegetable Burger 335(3)  
Grilled Chicken Breast Sandwich 277(2)  
Fried Chicken Breast Sandwich 380(3)  
Toppings: Cheese, Lettuce, Tomatoes,  
Onions, Pickles

Chicken Quesadilla 449(2) | Vegetable Quesadilla 673(5)  
Cheese Quesadilla 449(2) | Grilled Cheese Sandwich 448(2)  
Fried Chicken Tenders 334(1)

#### Pizza Slice:

Pepperoni 347(3) | Vegetable 344(3) | Cheese 366(3)

#### Deli:

BLT Turkey Club Wrap 675(4) | Chicken Salad Croissant 566(3)

#### Sides:

Seasonal Fresh Fruit 35(1) | Baked Potato 162(3)  
Potato Chips 160(1) | Baked Potato Chips 160(1)  
French Fries 220(1) | Sweet Potato Fries 422(4)

#### 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

WE'RE SERVING  
Seattle's Best  
Coffee

Calories precede the carbohydrate count ( ) in each item.