

LIQUID DIETS

CLEAR LIQUID MENU

Juices

Apple
Grape

Hot Beverages

Fresh Brewed Coffee
Fresh Brewed Tea
Decaffeinated Tea

Broths

Vegetable

Cold Beverages

Iced Tea
Ginger Ale
Diet Ginger Ale

**Italian Ice
Popsicles**

FULL LIQUID MENU

Juices

Apple I Grape
Orange
Tomato I Prune

Cereals

Grits I Cream of Wheat

Broths

Vegetable

Soup

Cream of Tomato I Cream of Mushroom
Corn Bisque

Desserts

Pudding:

Vanilla I Sugar-Free Vanilla
Chocolate I Sugar-Free Chocolate

Ice Cream:

Vanilla I Chocolate
Italian Ice
Popsicles
Sherbet

Hot Beverages

Fresh Brewed Coffee
Fresh Brewed Tea
Decaffeinated Tea

Cold Beverages

Iced Tea
Ginger Ale
Diet Ginger Ale
Cola I 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



NORTHSIDE HOSPITAL VEGETARIAN

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 Veggie 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)
Veggie Sausage (0) | Total® Cereal (1)
Total Calories: 265

THURSDAY

Scrambled Eggs (0)
Breakfast Potatoes (1) | Veggie 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.



LUNCH

SUNDAY

Hummus and Tabbouleh
with Fresh Vegetables and
Whole Grain Pita Chips and
served with Grapes (4)
Total Calories: 395
Total Sodium: 550 MG

MONDAY

**Roasted Vegetable &
Mozzarella Flatbread** (2)
Vegetable Rice Soup (1)
Total Calories: 638
Total Sodium: 930 MG

TUESDAY

Crunchy Peanut Butter & Apple Wrap (5)
Fresh Fruit Cup (1)
Total Calories: 775
Total Sodium: 523 MG

WEDNESDAY

Gingered Edamamme
with brown rice with stir fried veggies (3)
Mushroom Soup (1)
Fresh Fruit Cup (1)
Total Calories: 539
Total Sodium: 206 MG

THURSDAY

Grilled Cheese Supreme (3)
Tomato Basil Soup (1)
Total Calories: 704
Total Sodium: 276 MG

FRIDAY

Pasta Primavera (2)
Garden Green Salad (0)
Fresh Baked Breadstick (1)
Total Calories: 279
Total Sodium: 162 MG

SATURDAY

Veggie Pot Pie (2)
Garden Green Salad (0)
Fresh Fruit Cup (1)
Total Calories: 422
Total Sodium: 398 MG

DINNER

SUNDAY

Sesame Tofu
with stir fried vegetables (2)
Fried Rice (1)
Total Calories: 550
Total Sodium: 488 MG

MONDAY

Deep Dish Vegetarian Lasagna Classic
layered with veggies (1)
Sauteed Squash and Red Peppers (0)
Total Calories: 490
Total Sodium: 877 MG

TUESDAY

Penne Pasta
with artichokes and sun dried tomatoes (3)
Cucumber and Tomato Salad (0)
Total Calories: 505
Total Sodium: 694 MG

WEDNESDAY

Indian Dal
with spinach curry sauce (3)
Jasmine Rice (2)
Total Calories: 686
Total Sodium: 568 MG

THURSDAY

Tofu Fried Rice (2)
with Steamed green beans (0)
Total Calories: 579
Total Sodium: 536 MG

FRIDAY

Tofu Caesar Salad
served with homemade caesar dressing (1)
Broccoli Cheese Soup (1)
Total Calories: 422
Total Sodium: 417 MG

SATURDAY

Penne Pasta
with tomato sauce (3)
Garden Green Salad (0)
Total Calories: 253
Total Sodium: 119 MG

ALWAYS AVAILABLE

BREAKFAST

Cereal & Yogurt

Fresh Fruit, Granola & Yogurt Parfait (2)
Assorted Cold Cereals (1-2)
Scrambled Eggs (0) | Veggie Sausage (0)
Pancakes (Plain or Blueberry) (2)
Cheese Omelet (278)
Plain Omelet (210)
English Muffin (2) | Toast (1)
Blueberry Muffin (2)
Apple (1) | Orange (1) | Grapes (1) | Banana (1)
Fresh Fruit Cup (1)

LUNCH & DINNER

Soups

Broccoli Cheddar (1)
Vegetable Rice (1) | Tomato Basil (1)
Cream of Mushroom (1)

Entrées

Hummus and Tabbouleh (4)
With Fresh Vegetables and
Whole Grain Pita Chips
Served with Grapes
Cottage Cheese & Fruit Plate (3)
Caesar Salad (1)
Veggie Burger (3) | Black Bean Burger (3)
Veggie Pizza (3) | Cheese Pizza (3)
Veggie Quesadilla (3)
Rotini Pasta with Marinara Sauce (2)
Grilled Cheese Sandwich (2)
Veggie Plate Combo
Peanut Butter and Jelly (3)

Sides

Steamed Carrots (0)
Green Beans (0),
Broccoli (0) and your choice of Soup (1-2)

Desserts:

Strawberry Shortcake 115(1)
Peaches & Cream Trifle 243(2)
Chocolate Chip Cookies 128(1), Sugar 122(1)
Pudding: Vanilla or Chocolate 93(1)
Brownies 161(2)
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.

WE SERVE
Seattle's Best
Coffee