

Alternative Selections



Breakfast

Hard Boiled Egg
Apple Cinnamon Cream of Wheat
Oatmeal

COLD CEREALS:

Rice Krispies® | Total®
Rice Chex® | Cheerios® | Cornflakes®
Frosted Flakes®

GRILL

Egg & Cheese Breakfast Sandwich
Egg, Cheese & Sausage
Breakfast Sandwich
Scrambled Eggs
Pancakes | French Toast
Bacon: Pork | Turkey
Sausage: Pork | Turkey
Breakfast Potatoes

BAKERY

Blueberry Muffin
English Muffin
Plain Bagel

FRUIT & YOGURT

Applesauce with Cinnamon
Diced Peaches | Diced Pears
Yogurt:
Strawberry Banana
Greek Yogurt:
Peach | Strawberry | Vanilla



Lunch & Dinner

SALADS & SOUPS

Chicken Noodle | Tomato
Minestrone

SANDWICHES

Proteins: Tuna Salad
Bread: Wheat | White
Toppings: Pickles
Cheese: American | Swiss | Cheddar

HOT GRILL

Hamburger
Beyond® Meat Burger
Grilled Chicken Sandwich
Bun: Wheat | White
Cheese: American | Swiss | Cheddar

COMFORT FOOD

Seasoned Grilled Chicken
Mediterranean Salmon
Penne with Marinara
Penne with Meatballs & Marinara
Macaroni & Cheese

SIDES

Macaroni & Cheese
Buttered Noodles
Mashed Potatoes
White Rice
Broccoli
Green Beans
Dinner Roll
Beef Gravy | Poultry Gravy

DESSERTS

Ice Cream:
Vanilla | Chocolate | Strawberry
Sherbet
Italian Ice
Pudding
Angel Food Cake
Chocolate Chip | Sugar Cookie
Applesauce with Cinnamon
Diced Peaches
Diced Pears

Beverages



COFFEE

Regular | Decaffeinated

TEA

Iced | Hot

HOT COCOA

SUGAR-FREE LEMONADE

JUICE

Apple | Cranberry
Orange | Grape | Prune



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: No diet restrictions.

HEART HEALTHY/SODIUM AND FAT RESTRICTED :

You will be served herbs and spices instead of salt as your seasoning. Food such as processed cheese, bacon, luncheon meats, sausage and ham will be limited. 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. 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 of 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.

PREGNANCY FOOD SAFETY: Deli meats are restricted on this diet.

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.

LOW FIBER: While on this diet, your meals will limit the amount of fiber provided in your foods. Certain types of vegetables, fruit, and grains will be limited/restricted. Canned fruit, white bread or cream of wheat will be provided over fresh fruit, whole wheat/grain and oatmeal.

TO CONTACT FOOD SERVICE, PLEASE CALL

Riverside

(614) 566 - FOOD (3663)

Doctors

(614) 544 - 2EAT (2328)

Grove City

*3663

Grant

(614) 566 - 9700

Dublin

(614) 544 - 8EAT (8328)

Grady

(740) 615 - FOOD (3663)

Breakfast - Available from 7 a.m. to 10:30 a.m.

Lunch - Available from 11 a.m. to 2:30 p.m.

Dinner - Available from 3 p.m. to 7 p.m.

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."



A COMPASS ONE HEALTHCARE COMPANY



We Believe in The Power of Food

BMT Diet

Our menu features daily Chef Specials as well as comforting Alternative Selections 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.

We Believe in The Power of Food

Sunday

Breakfast

Breakfast Skillet
Scrambled Eggs
Potatoes | Peppers
Onions
Total® Cereal
Diced Pears

Lunch

Pot Roast with Gravy
Mashed Potatoes
Steamed Broccoli
Cookies & Cream
Mousse

Dinner

Apricot BBQ Pork Loin
Macaroni & Cheese
Green Beans
Diced Peaches
Angel Food Cake

Monday

Breakfast

Stuffed Crepe with Blueberry Sauce
Scrambled Eggs
Pork Sausage
Total® Cereal

Lunch

Chicken Marsala
Herb Roasted Potatoes
Ratatouille
Applesauce
Orange Creamsicle

Dinner

Italian Meatballs with Penne Pasta & Marinara
Caramelized Carrots
Dinner Roll
Pineapple
Brownie

Tuesday

Breakfast

Denver Omelet with Salsa
Sweet Potato Hash
Oatmeal with
Cranberry-Orange
Topping

Lunch

Meatloaf with Gravy
Mashed Potatoes
Steamed Broccoli
Banana Parfait

Dinner

Honey Mustard Chicken
Macaroni & Cheese
Roasted Brussels Sprouts
Diced Pears
Chocolate Chip Cookie

Wednesday

Breakfast

Pancakes with Syrup
Spinach &
Parmesan Quiche
Bacon
Diced Peaches

Lunch

Roasted Pork Loin with Gravy
White Rice
Steamed Broccoli
Cinnamon Apples

Dinner

Pot Roast with Gravy
Mashed Potatoes
Green Beans
Diced Pears
Pudding

Thursday

Breakfast

Breakfast Skillet
Scrambled Eggs
Potatoes | Peppers
Onions
Pork Sausage
Total® Cereal
Diced Pears

Lunch

Roast Chicken Thigh with Gravy
Mashed Potatoes
Green Beans
Brownie

Dinner

Baked Chicken Parmesan
Penne Pasta
Zucchini & Tomato
Dinner Roll
Applesauce with Cinnamon
Sugar Cookie

Friday

Breakfast

Bananas Foster French Toast
Spinach &
Parmesan Quiche
Bacon

Lunch

Pot Roast with Gravy
Buttered Noodles
Caramelized Carrots
Blueberry Crisp

Dinner

Southwest Chicken Bowl
Chicken | Cilantro Lime
Rice | Black Beans
Roasted Tomatoes
Pineapple
Orange Creamsicle

Saturday

Breakfast

Cheese Omelet
Breakfast Potatoes
Pork Sausage
Diced Peaches

Lunch

Chicken Pot Pie
Steamed Broccoli
Applesauce with
Cinnamon
Pudding

Dinner

Lasagna with Marinara
Ratatouille
Dinner Roll
Diced Pears
Chocolate Ice Cream

Allergen Statement

All prepared foods may contain trace amounts of milk, egg, fish, shellfish, tree nuts, peanuts, wheat, soy or other allergens. Please notify your host if you have a food allergy and need to speak to a manager.

