

# Alternative Selections



## Breakfast

Hard Boiled Egg (6)  
Oatmeal (4)

**COLD CEREALS:**  
Rice Chex® (1) | Cornflakes® (1)  
Cheerios® (2)

**GRILL**  
Scrambled Eggs (10)  
Breakfast Potatoes (2)

**FRUIT & YOGURT**  
½ Banana (1)  
Applesauce with Cinnamon (0)  
Diced Peaches (1)  
Diced Pears (1)  
Greek Yogurt: Peach (15)  
Strawberry (15) | Vanilla (15)



## Lunch & Dinner

**SALADS & SOUPS**  
Chicken Noodle (9) | Minestrone (9)

**LIGHT FARE & GRILL**  
Scoop of Tuna Salad (16)  
Scoop of Chicken Salad (27)  
Cottage Cheese (6)  
Hamburger (22)  
Beyond® Meat Burger (20)  
Grilled Chicken (24)

**COMFORT FOOD**  
Seasoned Grilled Chicken (24)  
Mediterranean Salmon (11)  
Meatballs & Marinara Sauce (10)

**SIDES**  
Mashed Potatoes (2)  
Broccoli (2)  
Green Beans (1)  
Carrots (1)  
Beef Gravy (0) | Poultry Gravy (0)

**DESSERTS**  
Sugar Free Gelatin (0)  
½ Banana (1)  
Applesauce with Cinnamon (0)  
Diced Peaches (1)  
Diced Pears (1)

## Beverages

**COFFEE 4 OZ (0)**  
Regular | Decaf

**DECAF TEA 4 OZ (0)**  
Iced | Hot

**SUGAR FREE LEMONADE 4 OZ (0)**

**MILK**  
Skim (8)

**BOTTLED WATER (0)**

**PROTEIN SUPPLEMENTS**  
Beneprotein® (6)  
Optisource® (24):  
Strawberry | Caramel  
Gelatein20® (20):  
Fruit Punch | Lime  
Premier Protein® (30):  
Chocolate | Vanilla

## Menu Selection and Techniques

- Select 1 protein option, 1 fruit OR starch, 1 vegetable
- Take small bites and chew thoroughly
- Don't drink with meals
- Numbers in ( ) indicate grams of protein



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)

**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."



## We Believe in The Power of Food

### Bariatric Regular 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	Lunch	Dinner
Scrambled Eggs (10) Breakfast Potatoes (2)	Pot Roast with Gravy (13) Mashed Potatoes (2) Carrots with Herbs (1)	Roasted Pork Loin with Gravy (9) Green Beans (1)

## Wednesday

Breakfast	Lunch	Dinner
Scrambled Eggs (10) Breakfast Potatoes (2)	Roasted Pork Loin with Gravy (9) Gingered Carrots (1)	Pot Roast with Gravy (13) Green Beans (1)

## Monday

Breakfast	Lunch	Dinner
Scrambled Eggs (10) Diced Pears (1)	Seasoned Grilled Chicken (24) Herb Roasted Potatoes (3) Roasted Zucchini (1)	Italian Meatballs (9) with Marinara (1) Caramelized Carrots (1)

## Thursday

Breakfast	Lunch	Dinner
Scrambled Eggs (10) Breakfast Potatoes (2)	Minced Roast Chicken Thigh with Gravy (17) Mashed Potatoes (2) Green Beans (1)	Baked Chicken Parmesan (28) Zucchini with Tomato (2)

## Tuesday

Breakfast	Lunch	Dinner
Scrambled Eggs (10) Diced Pears (1)	Meatloaf with Gravy (10) Mashed Potatoes (2) Steamed Broccoli (2)	Honey Mustard Chicken (24) Roasted Zucchini (1)

## Friday

Breakfast	Lunch	Dinner
Scrambled Eggs (10) Diced Pears (1)	Beef Stroganoff (8) Caramelized Carrots (1)	Seasoned Grilled Chicken (24) Green Beans (1)

## Saturday

Breakfast	Lunch	Dinner
Scrambled Eggs (10) Breakfast Potatoes (2)	Seasoned Grilled Chicken (24) Mashed Potatoes (2) Steamed Broccoli (2)	Mediterranean Salmon (11) Roasted Zucchini (1)

### 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.

### Menu Selection and Techniques

- Select 1 protein option, 1 fruit OR starch, 1 vegetable
- Take small bites and chew thoroughly
- Don't drink with meals
- Protein supplements are available on back of menu
- Numbers in ( ) indicate grams of protein

