

Alternative Selections



Breakfast

Hard Boiled Egg (0) | Oatmeal (19)
Apple Cinnamon Cream of Wheat (25)

COLD CEREALS:

Rice Krispies® (16) | Total® (20)
Rice Chex® (24) | Cheerios® (14)
Cornflakes® (18)

GRILL

Egg & Cheese Breakfast Sandwich (22)
Egg, Cheese & Sausage Breakfast Sandwich (23)
Scrambled Eggs (2)
Pancake (17) | French Toast (18)
Bacon: Pork (0) | Turkey (0)
Sausage: Pork (1) | Turkey (0)
Breakfast Potatoes (24)



Lunch & Dinner

SALADS & SOUPS

Chicken Noodle (9) | Tomato (15)
Minestrone (9)
Chicken Caesar Salad (16) | Side Salad (2)
Dressings: Ranch (1) | Creamy Ranch (3)
Italian (3) | Creamy Caesar (3)
Balsamic Vinaigrette (5)

SANDWICHES

Proteins: Tuna Salad (2) | Chicken Salad (2)
Peanut Butter (5)
Bread: Wheat (28) | White (26)
Toppings: Lettuce (0) | Tomato (1)
Onion (1) | Pickles (1)
Cheese: American (1) | Swiss (0)
Cheddar (0)

HOT GRILL

Grilled Cheese Sandwich (29)
Quesadilla: Cheese (36) | Chicken (37)
Pizza: Cheese (46) | Pepperoni (46)
Vegetable (50)
Hamburger (0) | Beyond® Meat Burger (6)
Grilled Chicken (2)
Bun: Wheat (27) | White (29)
Toppings: Lettuce (0) | Tomato (1)
Onion (1) | Pickles (1)
Cheese: American (1) | Swiss (0)
Cheddar (0)

Beverages

COFFEE (0)

Regular | Decaffeinated

TEA (0)

Iced | Hot

NO SUGAR ADDED HOT COCOA (4)

SUGAR FREE LEMONADE (0)

BAKERY

Blueberry Muffin (32)
½ English Muffin (11)
½ Plain Bagel (18)

YOGURT

Yogurt: Strawberry Banana (15)
Greek Yogurt: Peach (10)
Strawberry (10) | Vanilla (10)

COMFORT FOOD

Seasoned Grilled Chicken (2)
Mediterranean Salmon (2)
Penne with Marinara (50)
(Half Portion 25)
Penne with Meatballs & Marinara (55)
(Half Portion 30)
Macaroni & Cheese (43)

SIDES

Macaroni & Cheese (14)
Buttered Noodles (21)
Mashed Potatoes (18)
White Rice (23) | Broccoli (4)
Green Beans (6) | Carrots (8)
Dinner Roll (17)
Beef Gravy (2) | Poultry Gravy (3)

DESSERTS

Ice Cream: Chocolate (18)
Strawberry (18) | Vanilla (18)
No Sugar Added Pudding (13)
Sugar Free Gelatin (2)
Vanilla Wafers (14)
Fresh Fruit Cup (14)
Whole Fruit: Apple (18)
Orange (15) | ½ Banana (14)
Grapes (14)

JUICE

Apple (14) | Cranberry (14)
Orange (13) | Grape (21)

Prune (23)

MILK

Skim (12) | 2% (12)
Chocolate Milk (19)



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

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.

Grant
(614) 566 - 9700

Dublin
(614) 544 - 8EAT (8328)

Grady
(740) 615 - FOOD (3663)

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."



Rev 4/25/2022



We Believe in The Power of Food

2000 Calorie Gestational Diabetic Diet
Carbohydrates: 45g Breakfast | 45g Lunch | 60g Dinner

2400 Calorie Gestational Diabetic Diet
Carbohydrates: 45g Breakfast | 60g Lunch | 75g Dinner

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
Breakfast Skillet (17) Scrambled Eggs Potatoes Peppers Onions Turkey Sausage (0) ½ English Muffin (11)	Pot Roast with Gravy (2) Mashed Potatoes (18) Carrots with Herbs (8) Applesauce with Cinnamon (13)	Apricot BBQ Pork Loin (14) Macaroni & Cheese (14) Green Beans (6) Fresh Fruit Cup (14) No Sugar Added Vanilla Pudding (13)

Wednesday

Breakfast	Lunch	Dinner
Pancake (17) with Sugar Free Syrup (4) Spinach & Parmesan Quiche (4) Turkey Sausage (0)	Roasted Pork Loin (0) with Gravy (2) Tomato & Spinach Brown Rice (25) Buttered Noodles (21) Gingered Carrots (10) Applesauce with Cinnamon (13)	Open Faced Hot Beef Sandwich (19) Mashed Potatoes (18) Side Salad (2) Vanilla Wafers (14)

Friday

Breakfast	Lunch	Dinner
French Toast (18) with Sugar Free Syrup (4) Spinach & Parmesan Quiche (4) Turkey Sausage (0)	Beef Stroganoff (4) over Noodles (21) Caramelized Carrots (10) Applesauce (13)	Southwest Chicken Bowl (45) Chicken Cilantro Rice Black Beans Roasted Tomatoes Pineapple (11) Sugar Free Gelatin (2)

Monday

Breakfast	Lunch	Dinner
Scrambled Eggs (2) Turkey Sausage (0) Apple Cinnamon Cream of Wheat (25)	Chicken Marsala (4) Herb Roasted Potatoes (22) Roasted Zucchini (3) Applesauce (13) Orange Creamsicle (20)	Italian Meatballs (5) Penne Pasta & Marinara (Half Portion 25/Full Portion 50) Side Salad (2) Caramelized Carrots (10) Ratatouille (10) Pineapple (11) Sugar Free Gelatin (2)

Thursday

Breakfast	Lunch	Dinner
Breakfast Skillet (17) Scrambled Eggs Potatoes Peppers Onions Turkey Sausage (0) ½ English Muffin (11)	Roast Chicken Thigh with Gravy (5) Mashed Potatoes (18) Green Beans (6) Fresh Fruit Cup (14) Sugar Free Gelatin (2)	Baked Chicken Parmesan (5) Penne Pasta (21) Zucchini & Tomato (4) Fresh Fruit Cup (14)

Saturday

Breakfast	Lunch	Dinner
Cheese Omelet (3) Breakfast Potatoes (24) Turkey Sausage (0) Total® Cereal (20)	Chicken Pot Pie (18) Steamed Broccoli (4) Applesauce with Cinnamon (13) No Sugar Added Vanilla Pudding (13)	Lasagna with Marinara (29) Ratatouille (10) Roasted Zucchini (3) Fresh Grapes (14)

Tuesday

Breakfast	Lunch	Dinner
Denver Omelet (6) with Salsa (2) Sweet Potato Hash (20)	Meatloaf (3) with Gravy (2) Mashed Potatoes (18) Steamed Broccoli (4) Fresh Fruit Cup (14) Banana Parfait (19)	Honey Mustard Chicken (7) Macaroni & Cheese (14) Roasted Brussels Sprouts (10) Fresh Grapes (14)

Snack Selections

Please order morning snack at the time you order breakfast, afternoon snack at the time you order lunch, and evening snack at the time you order dinner. You may select the desired times you want these snacks delivered when placing your meal orders.

Mid-morning Snack: choose 15 grams carbohydrate & 1 protein serving
Mid-afternoon Snack: choose 30 grams carbohydrate & 1 protein serving
Evening Snack: choose 30 grams carbohydrate & 1 protein serving

Carbohydrate Choices:

Greek Yogurt (10)
Strawberry Banana Yogurt (15)
8 oz Milk (12)
1 package Graham Crackers (2 squares) (11)
3 packages Saltine Crackers (15)
Applesauce with Cinnamon (13)
Peaches (14)
Diced Pears (18)
1 Apple (18)
1 Orange (15)
Grapes (14)
1 slice White Bread (13)
1 slice Whole Wheat Bread (14)
Sugar Free Pudding (13)

Protein Choices:

String Cheese (1)
1 slice American Cheese (1)
1 slice Swiss Cheese (0)
1 slice Cheddar Cheese (1)
¼ cup Cottage Cheese (3)
Chicken Salad (2)
Tuna Salad (2)
Peanut Butter (5)

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.

**Grams of carbohydrates are indicated in () next to each item.
15 grams carbohydrate = 1 carbohydrate choice**