

Alternative Selections



Breakfast

HOT CEREALS:

Apple Cinnamon Cream of Wheat
Oatmeal

COLD CEREALS:

Pureed Raisin Bran®
Pureed Cornflakes®

BREAKFAST SELECTIONS

Scrambled Eggs
Pureed Waffle
Minced Pork Sausage
Minced Turkey Sausage

FRUIT & YOGURT

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



Lunch & Dinner

SOUPS

Pureed Chicken Noodle*
Tomato*

LIGHT FARE

Scoop of Tuna Salad
Cottage Cheese

GRILL

Minced Hamburger Patty with Gravy
Minced Beyond® Meat Patty

COMFORT FOOD

Minced Penne Pasta with Minced
Meatballs & Marinara
Minced Seasoned Chicken
Minced Mediterranean Salmon
Minced Penne Pasta & Marinara

SIDES

Minced Macaroni & Cheese
Minced Buttered Noodles
Mashed Potatoes
Minced Broccoli
Minced Green Beans
Minced Carrots
Beef Gravy | Poultry Gravy | Pureed
Marinara | Alfredo Sauce

DESSERTS

Ice Cream: Chocolate* | Strawberry*
Vanilla*
Sherbet*
Italian Ice*
Pudding
Gelatin*
Applesauce with Cinnamon | Banana
Minced Pears* | Minced Peaches*

Beverages



COFFEE

Regular | Decaf

TEA

Iced | Hot

HOT CHOCOLATE*

JUICE

Apple | Cranberry | Orange | Grape*
Prune*

MILK

Skim* | 2% | Chocolate*

SUGAR FREE LEMONADE*

All entrees are served with your choice of beef gravy or poultry gravy. Items indicated with (*) are not available if you require thickened liquids. Please ask your host for available options if you require nectar, honey, or pudding thick liquids.



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."

morrison
healthcare

A COMPASS ONE HEALTHCARE COMPANY



We Believe in
The Power of Food

Pureed Diet/NDDI 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

Scrambled Eggs
Strawberry Greek
Yogurt
Apple Cinnamon
Cream of Wheat
Minced Pears*

Lunch

**Minced Pot Roast
with Gravy**
Mashed Potatoes
Minced Herbed Carrots
Applesauce with
Cinnamon
Cookies & Cream
Mousse

Dinner

**Minced Pork Loin with
Apricot Barbecue Sauce**
Minced Macaroni & Cheese
Minced Green Beans
Minced Peaches*
Pudding

Monday

Breakfast

**Pureed Waffle with
Syrup**
Scrambled Eggs
Vanilla Greek Yogurt

Lunch

**Minced Chicken
Marsala**
Mashed Potatoes
Minced Roasted
Zucchini
Applesauce
Orange Creamsicle*

Dinner

**Minced Italian Meatballs with
Marinara**
Minced Penne Pasta with
Marinara
Minced Caramelized Carrots
Minced Peaches*
Italian Ice*

Tuesday

Breakfast

Scrambled Eggs
Apple Cinnamon
Cream of Wheat
Peach Greek Yogurt
Minced Pears*

Lunch

**Minced Meatloaf with
Gravy**
Mashed Potatoes with
Gravy
Minced Broccoli
Applesauce
Pudding

Dinner

**Minced Honey Mustard
Chicken**
Minced Macaroni & Cheese
Minced Roasted Zucchini
Minced Peaches*
Ice Cream*

Wednesday

Breakfast

**Pureed Waffle with
Syrup**
Scrambled Eggs
Strawberry Greek
Yogurt
Minced Peaches*

Lunch

**Minced Pork Loin
with Gravy**
Minced Buttered
Noodles
Minced Gingered
Carrots
Cinnamon Apples

Dinner

**Minced Pot Roast with
Gravy**
Mashed Potatoes
Minced Green Beans
Minced Peaches*
Pudding

Thursday

Breakfast

Scrambled Eggs
Apple Cinnamon
Cream of Wheat
Minced Pears*

Lunch

**Minced Chicken with
Gravy**
Mashed Potatoes
Minced Green Beans
Applesauce with
Cinnamon
Gelatin*

Dinner

Minced Chicken Parmesan
Minced Penne Pasta
Minced Zucchini with Tomato
Applesauce with Cinnamon
Pudding

Friday

Breakfast

Scrambled Eggs
Peach Greek Yogurt
Apple Cinnamon
Cream of Wheat
Minced Pears*

Lunch

**Minced Beef
Stroganoff over
Minced Buttered
Noodles**
Minced Caramelized
Carrots
Applesauce
Ice Cream*

Dinner

**Minced Southwest
Chicken**
Mashed Potatoes
Minced Green Beans
Minced Peaches*
Gelatin*

Saturday

Breakfast

Scrambled Eggs
Strawberry Greek
Yogurt
Apple Cinnamon
Cream of Wheat
Minced Peaches*

Lunch

**Minced Seasoned
Chicken with Gravy**
Mashed Potatoes
Minced Broccoli
Applesauce with
Cinnamon
Pudding

Dinner

Diced Lasagna with Marinara
Minced Roasted Zucchini
Minced Pears*
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.



Your Diet

All entrees are served with your choice of beef gravy or poultry gravy. Items indicated with (*) are not available if you require thickened liquids. Please ask your host for available options if you require nectar, honey, or pudding thick liquids.