

Alternative Selections



Breakfast

- HOT CEREALS:**
Apple Cinnamon Cream of Wheat
- COLD CEREALS:**
Pureed Raisin Bran®
Pureed Cornflakes®

- FRUIT & YOGURT**
Pureed Mixed Berries
Pureed Pears | Pureed Peaches
Yogurt: Strawberry Banana
Greek Yogurt: Peach | Strawberry
Vanilla

- BREAKFAST SELECTIONS**
Pureed Scrambled Eggs
Pureed Sausage
Pureed Waffle



Lunch & Dinner

- SOUPS**
Pureed Chicken Noodle*
Pureed Tomato*

- COMFORT FOOD**
Pureed Chicken
Pureed Roast Beef
Pureed Roast Pork
Pureed Turkey
Pureed Hamburger Patty

- SIDES**
Pureed Macaroni & Cheese
Pureed Pasta
Pureed Rice
Mashed Potatoes
Pureed Broccoli
Pureed Green Beans
Pureed Carrots
Pureed Peas
Beef Gravy | Poultry Gravy
Pureed Marinara | Alfredo Sauce

- DESSERTS**
Ice Cream: Chocolate* | Strawberry*
Vanilla*
Sherbet*
Italian Ice*
Pudding
Gelatin*
Pureed Mixed Berries | Pureed Pears
Pureed 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."



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	Lunch	Dinner
Pureed Scrambled Eggs Strawberry Greek Yogurt Apple Cinnamon Cream of Wheat Pureed Pears	Pureed Roast Beef with Gravy Mashed Potatoes with Gravy Pureed Carrots Applesauce with Cinnamon Cookies & Cream Mousse	Pureed Roast Pork with Apricot BBQ Sauce Pureed Macaroni & Cheese Pureed Green Beans Pureed Peaches Pudding

Monday

Breakfast	Lunch	Dinner
Pureed Waffle with Syrup Pureed Scrambled Eggs Pureed Sausage Pureed Mixed Berries	Pureed Chicken with Gravy Mashed Potatoes with Gravy Pureed Peas Applesauce Gelatin*	Pureed Roast Beef with Gravy Pureed Pasta with Pureed Marinara Sauce Pureed Carrots Pureed Peaches Italian Ice*

Tuesday

Breakfast	Lunch	Dinner
Pureed Scrambled Eggs Apple Cinnamon Cream of Wheat Peach Greek Yogurt Pureed Pears	Pureed Roast Beef with Gravy Mashed Potatoes with Gravy Pureed Broccoli Applesauce Pudding	Pureed Chicken with Gravy Pureed Macaroni & Cheese Pureed Green Beans Pureed Mixed Berries Ice Cream*

Wednesday

Breakfast	Lunch	Dinner
Pureed Waffle with Syrup Pureed Scrambled Eggs Pureed Sausage Pureed Peaches	Pureed Roast Pork with Gravy Pureed Rice with Gravy Pureed Carrots Applesauce with Cinnamon	Pureed Roast Beef with Gravy Mashed Potatoes with Gravy Pureed Green Beans Pureed Pears Pudding

Thursday

Breakfast	Lunch	Dinner
Pureed Scrambled Eggs Pureed Sausage Apple Cinnamon Cream of Wheat Pureed Pears	Pureed Turkey with Gravy Mashed Potatoes with Gravy Pureed Green Beans Pureed Mixed Berries Gelatin*	Pureed Chicken with Gravy Pureed Pasta with Pureed Marinara Sauce Pureed Peas Applesauce with Cinnamon Pudding

Friday

Breakfast	Lunch	Dinner
Pureed Scrambled Eggs Peach Greek Yogurt Apple Cinnamon Cream of Wheat Pureed Pears	Pureed Roast Beef with Gravy Pureed Pasta with Gravy Pureed Carrots Applesauce Ice Cream*	Pureed Chicken with Gravy Pureed Rice with Gravy Pureed Green Beans Pureed Peaches Gelatin*

Saturday

Breakfast	Lunch	Dinner
Pureed Scrambled Eggs Pureed Sausage Apple Cinnamon Cream of Wheat Pureed Peaches	Pureed Chicken with Gravy Mashed Potatoes with Gravy Pureed Broccoli Applesauce with Cinnamon Pudding	Pureed Roast Beef with Gravy Pureed Pasta with Pureed Marinara Sauce Pureed Broccoli Pureed 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.