

Alternative Selections



Hard Boiled Egg

COLD CEREALS:

Rice Krispies®
Rice Chex®

GRILL

Scrambled Eggs
Bacon: Pork | Turkey
Sausage: Pork | Turkey
Breakfast Potatoes

BAKERY

Gluten Free White Bread

FRUIT & YOGURT

Fresh Fruit Cup
Whole Fruit:
Apple | Orange | Banana
Yogurt:
Strawberry Banana
Greek Yogurt:
Peach | Strawberry | Vanilla



Lunch & Dinner

SALADS

Sodium Reduced Chef Salad
Vegetarian Chef Salad
Vegan Chef Salad | Side Salad
Dressing: Oil & Vinegar

SANDWICHES

Proteins: Deli Turkey | Peanut Butter
Bread: Gluten Free White
Toppings: Lettuce | Tomato | Onion
Cheese: American | Swiss | Cheddar

HOT GRILL

Hamburger
Beyond® Meat Burger
Grilled Chicken Sandwich
Bun: Gluten Free White
Toppings: Lettuce | Tomato | Onion
Cheese: American | Swiss | Cheddar

COMFORT FOOD

Seasoned Grilled Chicken
Mediterranean Salmon

SIDES

Mashed Potatoes
White Rice
Broccoli
Carrots
Green Beans

DESSERTS

Italian Ice
Pudding
Gelatin
Fresh Fruit Cup
Whole Fruit:
Apple | Orange
Banana | Grapes

Beverages



COFFEE

Regular | Decaffeinated

TEA

Iced | Hot

SUGAR-FREE LEMONADE

JUICE

Apple | Cranberry
Orange | Grape | Prune

MILK

Skim | 2% | Chocolate



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

Avoiding Gluten 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
Bacon
Rice Chex® Cereal
Banana

Lunch

Pot Roast
Mashed Potatoes
Carrots with Herbs
Applesauce with
Cinnamon

Dinner

Roast Pork Loin
White Rice
Green Beans
Fresh Fruit Cup
Gelatin

Monday

Breakfast

Scrambled Eggs
Pork Sausage
Rice Chex® Cereal
Strawberry Banana
Yogurt
Fresh Fruit Cup

Lunch

**Seasoned Grilled
Chicken**
Herb Roasted
Potatoes
Roasted Zucchini
Applesauce

Dinner

**Hamburger on Gluten
Free Bun**
Side Salad
Oil & Vinegar Dressing
Pineapple
Lemon Italian Ice

Tuesday

Breakfast

Scrambled Eggs
Sweet Potato Hash
Rice Chex® Cereal
Diced Pears

Lunch

Hamburger Patty
Mashed Potatoes
Steamed Broccoli
Vanilla Pudding

Dinner

**Honey Mustard
Chicken**
White Rice
Roasted Brussels Sprouts
Fresh Grapes
Chocolate Pudding

Wednesday

Breakfast

Scrambled Eggs
Breakfast Potatoes
Bacon
Rice Chex® Cereal
Strawberry Banana
Yogurt
Fresh Fruit Cup

Lunch

Roasted Pork Loin
White Rice
Gingered Carrots
Cinnamon Apples

Dinner

Pot Roast
Mashed Potatoes
Side Salad
Oil & Vinegar Dressing
Banana
Chocolate Pudding

Thursday

Breakfast

Breakfast Skillet
Scrambled Eggs
Potatoes | Peppers
Onions
Pork Sausage
Rice Chex® Cereal
Banana

Lunch

**Roasted Chicken
Thigh**
Mashed Potatoes
Green Beans
Chocolate Pudding

Dinner

Seasoned Grilled Chicken
White Rice
Sauteed Zucchini
Fresh Fruit Cup
Vanilla Pudding

Friday

Breakfast

Scrambled Eggs
Bacon
Rice Chex® Cereal
Strawberry Banana
Yogurt
Diced Pears

Lunch

Pot Roast
Mashed Potatoes
Caramelized Carrots
Vanilla Pudding

Dinner

Seasoned Grilled Chicken
Cilantro Lime Rice
Black Beans
Roasted Tomatoes
Pineapple
Gelatin

Saturday

Breakfast

**Scrambled Eggs
with Cheddar
Cheese**
Breakfast Potatoes
Pork Sausage
Rice Chex® Cereal
Fresh Fruit Cup

Lunch

**Seasoned Chicken
Breast**
Steamed Broccoli
Applesauce with
Cinnamon
Vanilla Pudding

Dinner

Mediterranean Salmon
White Rice
Roasted Zucchini
Fresh Grapes
Chocolate Pudding

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.

