

Alternative Selections



Breakfast

HOT CEREALS:

Apple Cinnamon Cream of Wheat
Oatmeal

BREAKFAST SELECTIONS

Scrambled Eggs
Diced Pancakes | Diced French Toast
Breakfast Potatoes
Minced Pork Sausage
Minced Turkey Sausage

FRUIT & YOGURT

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



Lunch & Dinner

SOUPS

Chicken Noodle*
Tomato* | Minestrone*

LIGHT FARE

Scoop of Tuna Salad
Scoop of Chicken Salad
Cottage Cheese

GRILL

Diced Hamburger Patty with Gravy
Diced Beyond® Meat Patty

COMFORT FOOD

Penne Pasta with Diced Meatballs
& Marinara
Diced Seasoned Chicken
Minced Mediterranean Salmon
Penne Pasta & Marinara
Minced Mac & Cheese

SIDES

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

DESSERTS

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

Beverages



COFFEE

Regular | Decaf

TEA

Iced | Hot

HOT CHOCOLATE*

JUICE

Apple | Cranberry | Orange | Grape*
Prune*

MILK

Skim* | 2% | Chocolate*

SUGAR FREE LEMONADE*

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

Chopped Diet/NDD₃ 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
Minced Turkey
Sausage
Apple Cinnamon
Cream of Wheat
Banana

Lunch

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

Dinner

Diced Pork Loin with Apricot BBQ Sauce
Macaroni & Cheese
Diced Green Beans
Diced Peaches*
Pudding

Monday

Breakfast

Scrambled Eggs
Minced Turkey
Sausage
Apple Cinnamon
Cream of Wheat

Lunch

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

Dinner

Diced Italian Meatballs with Marinara
Penne Pasta with Marinara
Diced Caramelized Carrots
Diced Peaches*
Brownie

Tuesday

Breakfast

Scrambled Eggs
Sweet Potato Hash
Oatmeal with Cranberry Orange Topping

Lunch

Diced Meatloaf with Gravy
Mashed Potatoes
Diced Broccoli
Applesauce
Banana Parfait

Dinner

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

Wednesday

Breakfast

Diced Pancakes with Syrup
Scrambled Eggs
Minced Turkey
Sausage
Diced Peaches*

Lunch

Diced Pork Loin with Gravy
Tomato & Spinach
Brown Rice
Diced Gingered Carrots
Cinnamon Apples

Dinner

Diced Pot Roast with Gravy
Mashed Potatoes
Diced Green Beans
Diced Pears*
Pudding

Thursday

Breakfast

Breakfast Skillet
Scrambled Eggs
Potatoes | Peppers
Onions
Minced Turkey
Sausage
Apple Cinnamon
Cream of Wheat
Banana

Lunch

Diced Chicken with Gravy
Mashed Potatoes
Diced Green Beans
Applesauce with Cinnamon
Brownie

Dinner

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

Friday

Breakfast

Diced Bananas Foster French Toast
Scrambled Eggs
Minced Turkey
Sausage

Lunch

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

Dinner

Diced Southwest Chicken over Cilantro Rice
Diced Green Beans
Diced Peaches*
Orange Creamsicle*

Saturday

Breakfast

Cheese Omelet
Breakfast Potatoes
Minced Turkey
Sausage
Apple Cinnamon
Cream of Wheat
Diced Peaches*

Lunch

Chicken Pot Pie
Diced Broccoli
Applesauce with Cinnamon
Pudding

Dinner

Lasagna with Marinara
Diced Roasted Zucchini
Diced Peaches*
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

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