

Alternative Selections



Breakfast

Hard Boiled Egg
Apple Cinnamon Cream of Wheat
Oatmeal

COLD CEREALS:

Rice Krispies® | Total®
Rice Chex® | Cheerios® | Cornflakes®
Frosted Flakes®

GRILL

Scrambled Eggs
Pancakes | French Toast
Turkey Bacon
Turkey Sausage
Breakfast Potatoes

BAKERY

Blueberry Muffin
English Muffin
Plain Bagel

FRUIT & YOGURT

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



Lunch & Dinner

SALADS & SOUPS

Chicken Noodle | Tomato
Minestrone
Chicken Caesar Salad
Sodium Reduced Chef Salad
Side Salad
Dressings: Ranch

SANDWICHES

Proteins: Tuna Salad
Chicken Salad | Turkey
Bread: Wheat | White
Toppings: Lettuce | Tomato | Onion
Cheese: Swiss

HOT GRILL

Hamburger | Beyond Meat Burger
Grilled Chicken Sandwich
Bun: Wheat | White
Toppings: Lettuce | Tomato | Onion
Cheese: Swiss

SIDES

Macaroni & Cheese
Buttered Noodles
Mashed Potatoes
White Rice
Broccoli
Green Beans
Carrots
Dinner Roll
Beef Gravy | Poultry Gravy

DESSERTS

Ice Cream:
Vanilla | Chocolate | Strawberry
Sherbet
Italian Ice
Pudding
Gelatin
Vanilla Wafers
Apple | Orange | Banana
Grapes

COMFORT FOOD

Seasoned Grilled Chicken
Mediterranean Salmon

Beverages



COFFEE

Regular | Decaffeinated

TEA

Iced | Hot

HOT COCOA

JUICE

Apple | Cranberry
Orange | Grape | Prune

MILK

Skim | 2% | Chocolate Milk

= Entrees greater than 300mg of sodium and Non-Entree items greater than 140mg Sodium



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

Heart Healthy Diet 2gm Sodium 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
Total® Cereal
Banana

Lunch

Braised Beef 🍴
White Rice
Carrots with Herbs
Applesauce with
Cinnamon

Dinner

Apricot BBQ Pork Loin 🍴
White Rice
Green Beans
Fresh Fruit Cup
Italian Ice

Monday

Breakfast

**Stuffed Crepe
with Blueberry
Sauce** 🍴
Scrambled Eggs
Turkey Bacon

Lunch

Chicken Marsala 🍴
Herb Roasted
Potatoes
Ratatouille 🍴
Applesauce
Vanilla Wafers

Dinner

Seasoned Grilled Chicken
Penne Pasta
Marinara Sauce 🍴
Caramelized Carrots
Pineapple
Italian Ice

Tuesday

Breakfast

Scrambled Eggs
Sweet Potato Hash
Oatmeal with
Cranberry Orange
Topping

Lunch

Meatloaf
Beef Gravy 🍴
Mashed Potatoes 🍴
Steamed Broccoli
Vanilla Wafers

Dinner

**Honey Mustard
Chicken**
Macaroni & Cheese 🍴
Roasted Brussels Sprouts
Fresh Grapes
Vanilla Wafers

Wednesday

Breakfast

**Pancakes with
Syrup**
Spinach & Parmesan
Quiche 🍴
Fresh Fruit Cup

Lunch

Roasted Pork Loin
Tomato & Spinach
Brown Rice
Gingered Carrots
Cinnamon Apples

Dinner

Mediterranean Salmon
Mashed Potatoes 🍴
Side Salad
Banana
Vanilla Wafers

Thursday

Breakfast

Breakfast Skillet
Scrambled Eggs
Potatoes | Peppers
Onions
Turkey Sausage 🍴
Banana

Lunch

**Roast Chicken Thigh
with Gravy**
Mashed Potatoes 🍴
Green Beans
Chocolate Pudding 🍴

Dinner

Baked Chicken Parmesan 🍴
Penne Pasta
Zucchini & Tomato
Fresh Fruit Cup
Vanilla Wafers

Friday

Breakfast

**Bananas Foster
French Toast**
Spinach &
Parmesan Quiche 🍴
Turkey Bacon

Lunch

**Beef Stroganoff
with Noodles** 🍴
Caramelized Carrots
Blueberry Crisp

Dinner

**Grilled Chicken over
Cilantro Rice**
Black Beans
Roasted Tomatoes
Pineapple
Orange Creamsicle

🍴 = Entrees greater than 300mg of sodium and Non-Entree items greater than 140mg Sodium

Saturday

Breakfast

Cheese Omelet 🍴
Breakfast Potatoes
Turkey Bacon
Fresh Fruit Cup

Lunch

**Seasoned Grilled
Chicken**
Mashed Potatoes 🍴
Steamed Broccoli
Applesauce with
Cinnamon
Italian Ice

Dinner

Lasagna with Marinara 🍴
Ratatouille 🍴
Fresh Grapes
Sherbet

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

When following a 2000mg Sodium Diet, some items may be limited due to higher sodium levels. A 🍴 symbol has been placed next to Entrees that exceed 300mg sodium and all other items that exceed 140mg sodium.