

Alternative Selections



Breakfast

Hard Boiled Egg ▲
 Apple Cinnamon Cream of Wheat
 Oatmeal

COLD CEREALS:
 Rice Krispies® | Total®
 Rice Chex® | Cheerios® | Cornflakes®
 Frosted Flakes®

GRILL
 Egg & Cheese Breakfast Sandwich ▲
 Scrambled Eggs ▲
 Pancakes | French Toast
 Turkey Bacon
 Breakfast Potatoes

BAKERY
 Blueberry Muffin ▲
 English Muffin
 Plain Bagel

FRUIT & YOGURT
 Fresh Fruit Cup
 Applesauce with Cinnamon
Whole Fruit:
 Apple | Orange | Banana
Yogurt:
 Strawberry Banana
 Greek Yogurt:
 Peach | Strawberry | Vanilla



Lunch & Dinner

SALADS & SOUPS
 Chicken Noodle | Tomato ▲
 Minestrone
 Chicken Caesar Salad ▲
 Vegan Chef Salad | Side Salad
Dressings: Ranch ▲

SANDWICHES
Proteins: Tuna Salad ▲
 Chicken Salad ▲ | Deli Turkey
 Ham
Bread: Wheat | White
Toppings: Lettuce | Tomato | Onion
 Pickles
Cheese: American ▲ | Swiss ▲
 Cheddar ▲

HOT GRILL
 Grilled Chicken Sandwich
Bun: Wheat | White
Toppings: Lettuce | Tomato | Onion
 Pickles
Cheese: American ▲ | Swiss ▲
 Cheddar ▲

COMFORT FOOD
 Seasoned Grilled Chicken
 Mediterranean Salmon ▲
 Penne with Marinara
 Crispy Baked Tofu ▲

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

DESSERTS
 Sherbet
 Italian Ice
 Angel Food Cake
 Vanilla Wafers
 Pudding
 Gelatin
 Apple | Orange | Banana | Grapes

Beverages



COFFEE
 Regular | Decaffeinated

TEA
 Iced | Hot

HOT COCOA

JUICE
 Apple | Cranberry
 Orange | Grape | Prune

MILK
 Skim | 2% | Chocolate Milk

▲ indicates items that are 5 grams of fat or higher



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

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.

Grant
 (614) 566 - 9700

Dublin
 (614) 544 - 8EAT (8328)

Grady
 (740) 615 - FOOD (3663)

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

Low Fat 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 ▲
Breakfast Potatoes
Total® Cereal
Banana

Lunch

Seasoned Grilled
Chicken
Mashed Potatoes
Poultry Gravy
Carrots with Herbs
Applesauce with
Cinnamon
Gelatin

Dinner

Apricot BBQ
Pork Loin ▲
Buttered Egg Noodles
Green Beans
Fresh Fruit Cup
Angel Food Cake

Monday

Breakfast

Stuffed Crepe
with Blueberry
Sauce
Scrambled Eggs ▲

Lunch

Chicken Marsala ▲
Herb Roasted
Potatoes
Ratatouille
Applesauce
Orange Creamsicle ▲

Dinner

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

Tuesday

Breakfast

Scrambled Eggs ▲
Sweet Potato Hash
Oatmeal with
Cranberry Orange
Topping

Lunch

Meatloaf ▲
White Rice
Steamed Broccoli
Fresh Fruit Cup

Dinner

Honey Mustard
Chicken
Buttered Egg Noodles
Roasted Brussels Sprouts ▲
Fresh Grapes
Vanilla Wafers

Wednesday

Breakfast

Pancakes with
Syrup
Spinach &
Parmesan Quiche ▲
Fresh Fruit Cup
Total® Cereal

Lunch

Roasted Pork Loin ▲
Beef Gravy
Tomato & Spinach
Brown Rice
Gingered Carrots
Applesauce with
Cinnamon

Dinner

Mediterranean Salmon ▲
Mashed Potatoes
Green Beans
Banana

Thursday

Breakfast

Scrambled Eggs ▲
Breakfast Potatoes
Banana

Lunch

Roast Chicken Thigh
with Gravy ▲
Mashed Potatoes
Green Beans
Gelatin

Dinner

Baked Chicken Parmesan ▲
Penne Pasta
Zucchini & Tomato
Dinner Roll
Fresh Fruit Cup

Friday

Breakfast

Bananas Foster
French Toast
Spinach & Parmesan
Quiche ▲
Non Fat Greek Yogurt

Lunch

Beef Stroganoff
with Noodles ▲
Caramelized Carrots
Applesauce

Dinner

Southwest Chicken Bowl ▲
Chicken | Black Beans
Roasted Tomatoes
Pineapple
Vanilla Wafers

▲ indicates items that are 5 grams of fat or higher

Saturday

Breakfast

Scrambled Eggs ▲
Breakfast Potatoes
Fresh Fruit Cup

Lunch

Seasoned Grilled
Chicken
Mashed Potatoes
Poultry Gravy
Steamed Broccoli
Applesauce with
Cinnamon

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

If your doctor has prescribed a low fat diet, your diet cannot exceed 50 grams of fat per day.
If your doctor has prescribed a MCT diet, your diet cannot exceed 30 grams of fat per day.