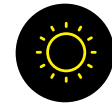


Alternative Selections



Breakfast

Hard Boiled Egg
Apple Cinnamon Cream of Wheat

COLD CEREALS:
Rice Krispies® | Rice Chex®
Cornflakes®

GRILL
Scrambled Eggs
Pancakes | French Toast
Breakfast Potatoes

BAKERY
Blueberry Muffin
English Muffin
Plain Bagel

FRUIT & YOGURT
Diced Peaches | Diced Pears
Applesauce with Cinnamon
Yogurt:
Strawberry Banana



Lunch & Dinner

SOUPS
Chicken Noodle | Tomato
Minestrone

SANDWICHES
Proteins: Tuna Salad
Chicken Salad
Bread: White
Cheese: Cheddar | Swiss

HOT GRILL
Grilled Chicken Sandwich
Bun: White
Cheese: Cheddar | Swiss

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

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

DESSERTS
Sherbet
Italian Ice
Angel Food Cake
Chocolate Chip Cookie
Sugar Cookie
Vanilla Wafers
Pudding
Gelatin
Diced Peaches | Diced Pears
Applesauce with Cinnamon

Beverages

DECAF COFFEE

DECAF TEA
Iced | Hot

HOT COCOA

JUICE
Apple | Cranberry
Orange | Grape

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

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."

morrison
healthcare
A COMPASS ONE HEALTHCARE COMPANY



**We Believe in
The Power of Food**

Low Fiber 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
English Muffin

Lunch

Beef Pot Roast with
Gravy
Mashed Potatoes
Carrots with Herbs
Cookies & Cream
Mousse

Dinner

Apricot BBQ
Pork Loin
Macaroni & Cheese
Green Beans
Angel Food Cake

Monday

Breakfast

Stuffed Crepe
with Blueberry
Sauce
Scrambled Eggs

Lunch

Seasoned Grilled
Chicken
White Rice
Green Beans
Vanilla Wafers

Dinner

Italian Meatballs with
Penne Pasta & Marinara
Caramelized Carrots
Italian Ice

Tuesday

Breakfast

Scrambled Eggs
Breakfast Potatoes
Apple Cinnamon
Cream of Wheat

Lunch

Meatloaf with Gravy
Mashed Potatoes
Green Beans
Banana Parfait

Dinner

Honey Mustard
Chicken
Buttered Egg Noodles
Carrots with Herbs
Chocolate Chip Cookie

Wednesday

Breakfast

Pancakes with
Syrup
Scrambled Eggs
Diced Peaches

Lunch

Roasted Pork Loin
with Gravy
Buttered Egg Noodles
Gingered Carrots
Applesauce with
Cinnamon

Dinner

Open Faced Hot Beef
Sandwich
Mashed Potatoes
Green Beans
Vanilla Wafers

Thursday

Breakfast

Scrambled Eggs
Breakfast Potatoes
English Muffin

Lunch

Roast Chicken Thigh
with Gravy
Mashed Potatoes
Green Beans
Gelatin

Dinner

Baked Chicken Parmesan
Penne Pasta
Carrots with Herbs
Sugar Cookie

Friday

Breakfast

Bananas Foster
French Toast
Scrambled Eggs

Lunch

Beef Stroganoff
with Noodles
Caramelized Carrots
Ice Cream

Dinner

Seasoned Grilled Chicken
White Rice
Green Beans
Orange Creamsicle

Saturday

Breakfast

Cheese Omelet
Breakfast Potatoes
Diced Peaches

Lunch

Seasoned Grilled
Chicken
Mashed Potatoes
Poultry Gravy
Carrots with Herbs
Vanilla Pudding

Dinner

Lasagna with
Marinara
Green Beans
Dinner Roll
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.

