

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

½ Banana
Applesauce with Cinnamon
Diced Peaches | Diced Pears
Greek Yogurt: Peach
Strawberry | Vanilla



Lunch & Dinner

SOUPS

Chicken Noodle | Tomato
Minestrone

SANDWICHES

Protein: Tuna Salad | Chicken Salad
Peanut Butter
Bread: White
Topping: Lettuce
Cheese: American | Cheddar | Swiss

HOT GRILL

Grilled Cheese
Hamburger | Beyond Meat Burger
Grilled Chicken Sandwich
Bun: White
Toppings: Lettuce
Cheese: American | Cheddar | Swiss

COMFORT FOOD

Seasoned Grilled Chicken
Mediterranean Salmon
Penne with Marinara
Penne with Meatballs & Marinara
Macaroni & Cheese

SIDES

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

DESSERTS

Applesauce with Cinnamon
Diced Peaches | Diced Pears

Beverages

COFFEE

Decaffeinated

DECAF TEA

Iced | Hot

SUGAR FREE LEMONADE

MILK

4oz Skim Milk



After your gastrectomy, the way you eat and digest food will change. Your stomach will be smaller than before and you may have problems getting full too fast. To help meet your nutrition needs, the post gastrectomy diet provides 3 smaller meals with reduced portions and 3 snacks.



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

Post Gastrectomy 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

Lunch

Pot Roast with
Gravy
Mashed Potatoes
Carrots with Herbs

Dinner

Roasted Pork Loin
Buttered Noodles
Green Beans

Monday

Breakfast

Scrambled Eggs
Apple Cinnamon
Cream of Wheat
Diced Pears

Lunch

Seasoned Grilled
Chicken
White Rice
Green Beans

Dinner

Italian Meatballs with
Penne Pasta & Marinara
Caramelized Carrots

Tuesday

Breakfast

Scrambled Eggs
Breakfast Potatoes
Diced Pears

Lunch

Meatloaf with Gravy
Mashed Potatoes
Green Beans

Dinner

Seasoned Grilled Chicken
Buttered Noodles
Carrots with Herbs

Wednesday

Breakfast

Scrambled Eggs
Breakfast Potatoes
Diced Peaches

Lunch

Roasted Pork Loin
with Gravy
Buttered Noodles
Gingered Carrots

Dinner

Pot Roast with Gravy
Mashed Potatoes
Green Beans

Thursday

Breakfast

Scrambled Eggs
Breakfast Potatoes

Lunch

Roast Chicken Thigh
with Gravy
Mashed Potatoes
Green Beans

Dinner

Seasoned Grilled Chicken
Penne Pasta
Carrots with Herbs

Snack Selections

Please order morning snack at the time you order breakfast, afternoon snack at the time you order lunch, and evening snack at the time you order dinner.

You may select 1 protein option from the choices below for a snack. If desired, you may add 1 item from the "Additional Snacks" list.

Protein:

Greek Yogurt
Peanut Butter
Hard Boiled Egg
Cottage Cheese
Tuna Salad
Chicken Salad
String Cheese

Additional Snacks:

½ Banana
Graham Crackers
Diced Pears
Diced Peaches
Crackers
White Bread Slice

Friday

Breakfast

French Toast
Scrambled Eggs
Diced Pears

Lunch

Beef Stroganoff
with Noodles
Buttered Noodles
Caramelized Carrots

Dinner

Seasoned Grilled Chicken
White Rice
Green Beans

Saturday

Breakfast

Scrambled Eggs
Breakfast Potatoes
Diced Peaches

Lunch

Seasoned Grilled
Chicken
Mashed Potatoes
Carrots with Herbs

Dinner

Beef Fettuccini Alfredo
Green Beans

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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