

## LIQUID DIETS

### CLEAR LIQUID MENU

#### Juices

Apple | Cranberry | Grape

#### Broths

Vegetable | Chicken | Beef

#### Jell-O

Regular | Sugar-Free

#### Popsicles | Italian Ice

#### Hot Beverages

Fresh Brewed Coffee:

Decaf | Regular

Fresh Brewed Tea:

Decaf | Regular

#### Cold Beverages

Iced Tea | Ginger Ale | Diet Ginger Ale

### FULL LIQUID MENU

#### Juices

Apple | Cranberry  
Grape | Orange | Prune

#### Cereals

Grits | Cream of Wheat

#### Broths

Beef | Chicken | Vegetable

#### Soup

Cream of Chicken | Cream of Mushroom  
Tomato Soup

#### Desserts

##### Jell-O:

Regular | Sugar-Free

##### Pudding:

Vanilla | No Sugar Added Vanilla  
Chocolate | No Sugar Added Chocolate

#### Frozen Treats

##### Ice Cream:

Vanilla | Chocolate  
Popsicles | Italian Ice  
Sherbet

#### Hot Beverages

Fresh Brewed Coffee:

Decaf | Regular

Fresh Brewed Tea:

Decaf | Regular

#### Cold Beverages

Iced Tea

Ginger Ale | Diet Ginger Ale

Cola | Diet Cola

Milk: Whole | Skim | 2% | Chocolate

TO PLACE YOUR ORDER:

PLEASE CALL

614-566-FOOD (3663)

BETWEEN  
7:00AM - 7:00PM

A Nutrition Operator will guide you through the ordering process. Our skilled Chefs will prepare your meal using the freshest ingredients tailored to your prescribed diet.



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."



ROOM  
SERVICE



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Regular Diet

### DIET INFORMATION

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** - There are no diet restrictions for this diet.

**Heart Healthy / Sodium and Fat Restricted** - You will be served herbs and spices instead of salt as your seasoning. Foods 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 or 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.

**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.

**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.



# ALWAYS AVAILABLE

## SOUPS

Beef and Bean Chili  
Vegetable Soup  
Tomato Soup  
Chicken Noodle Soup

## LIGHT FARE & GRILL

Caesar Salad | Caesar Salad with Chicken  
Chef Salad | Vegetarian Chef Salad  
Greek Salad | Greek Salad with Chicken  
Fresh Fruit Plate with Cottage Cheese  
Mediterranean Hummus Platter with  
Vegetables & Pita  
Turkey Burger  
Hamburger | Garden Burger  
Grilled Chicken Sandwich  
Grilled Cheese Sandwich  
**Personal Pizza:** Cheese | Pepperoni  
**Build Your Own Veggie Pizza:** Onion  
Pepper | Mushroom | Tomato | Spinach

## BUILD YOUR OWN SANDWICH

### BREAD:

Multi-grain | White | Marble Rye  
Whole Wheat Sandwich Thin  
Whole Wheat Tortilla

### PROTEIN:

Chicken Salad | Egg Salad  
Tuna Salad | Roast Beef | Ham  
Turkey | Peanut Butter

### TOPPINGS:

American Cheese | Cheddar Cheese  
Provolone Cheese | Swiss Cheese  
Pepper Jack Cheese  
Lettuce | Tomato | Red Onion | Pickles

## CONDIMENTS

Mustard | Ketchup  
Mayonnaise: Lite | Regular  
Parmesan Cheese  
Crackers: Regular | Unsalted  
Salt | Pepper | Herb Seasoning

## ENTRÉES

Homestyle Meatloaf  
Fork Tender Slow-Roasted Tomato Beef  
Chicken Pot Pie  
Slow Roasted Pulled Pork  
Herb Roasted Turkey Breast  
Baked Dijon & Panko Crusted Tilapia  
Quesadilla: Cheese | Chicken | Veggie  
(Request: Pico de Gallo)  
Three Cheese Lasagna  
With Your Choice of:  
Hearty Italian Turkey Meat Sauce | Marinara

## SIDES

Mashed Potatoes  
Mashed Sweet Potatoes  
Roasted Potatoes  
Herbed Brown Rice  
Macaroni & Cheese | Whole Kernel Corn  
Seasoned Green Beans  
Steamed Carrots | Steamed Broccoli  
Stewed Tomatoes  
Roasted Vegetables  
Sautéed Zucchini  
Side Salad | Dinner Roll

## SALAD DRESSINGS

1000 Island | Ranch | Caesar  
Italian | Balsamic Vinaigrette  
Lite Italian | Lite Ranch

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## DESSERTS

Angel Food Cake  
Rich Chocolate Brownie  
Strawberry Shortcake Parfait  
Banana Pudding Parfait  
Applesauce with Cinnamon  
Cookies: Chocolate Chip | Sugar

### Jell-O:

Regular | Sugar-Free

### Pudding:

Regular | No Sugar Added  
Vanilla | Chocolate

### FROZEN TREATS:

#### Ice Cream:

Vanilla | Chocolate | Strawberry

**No Sugar Added Ice Cream:**  
Vanilla | Chocolate

Italian Ice | Popsicle | Sherbet

## BEVERAGES

### Coffee:

Regular | Decaf

### Tea:

Iced  
Hot: Decaf | Regular

### Hot Chocolate:

Regular | No Sugar Added

### Juice:

Apple | Cranberry | Grape  
Orange | Prune

### Milk:

Whole | Skim | 2% | Chocolate

## CEREAL & YOGURT

Fruit, Granola & Yogurt Parfait  
**Yogurt:** Strawberry | Raspberry  
Strawberry Banana | Vanilla  
Oatmeal with Brown Sugar & Raisins  
Apple Cinnamon Cream of Wheat | Grits  
Total | Whole Grain Cheerios  
Cornflakes | Frosted Flakes | Bran Flakes  
Rice Krispies | Rice Chex

## BREAKFAST ENTRÉES

Scrambled Eggs: Egg | Egg Whites  
French Toast with Cinnamon  
Pancakes:  
Plain | Blueberry

## BREAKFAST SIDES

Turkey Sausage | Pork Sausage  
Turkey Bacon | Pork Bacon  
Sautéed Breakfast Potatoes

## BAKERY

English Muffin | Bagel | Biscuit  
**Homemade Muffins:**  
Blueberry & Orange

## FRUIT

Fresh Fruit Cup | Fresh Pineapple  
Mandarin Oranges  
Grapes | Diced Peaches  
Diced Pears | Fruit Cocktail  
Apple | Banana | Orange

*Some foods may not be appropriate based on your diet or food allergies.*

