

LIQUID DIETS

CLEAR LIQUID MENU

Juices:

Apple | Grape | Cranberry

Broths

Chicken | Beef | Vegetable

Gelatin

Lime | Orange | Citrus

Popsicles, Italian Ice

Hot Beverages

Coffee | Tea

Cold Beverages

Iced Tea
Ginger Ale | Sprite

FULL LIQUID MENU

Juices:

Apple | Cranberry
Grape | Orange | Prune

Broths

Beef | Chicken | Vegetable

Soup

Cream of Chicken
Cream of Mushroom

Desserts

Vanilla Yogurt

Pudding:

Vanilla | Chocolate

Ice Cream:

Vanilla | Chocolate

Popsicles

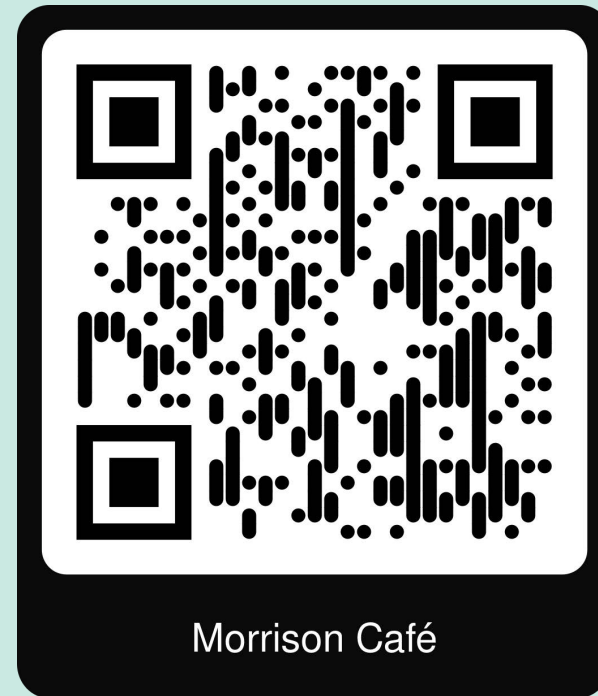
Gelatin

Hot Beverages

Coffee | Tea
Hot Chocolate

Cold Beverages

Milk
Iced Tea
Soda



Morrison Café

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."



TO CONTACT YOUR PATIENT DINING ASSOCIATE

Please call 243-1059
between 7:00 am and 6:00 pm

REGULAR MENU

H
INFIRMARY
HEALTH

TO PLACE
YOUR ORDER:

**A Patient Dining Associate will
visit you to take your order.**

Our menu features daily Chef Specials as well as comforting "Alternate 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.

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.

Sodium Restricted (2000 mg sodium) - You will be served herbs and spices instead of salt as your seasoning. Foods such as processed cheese, bacon, luncheon meats, hot dogs, sausage and ham will be limited.

Low Cholesterol / Low Fat - 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. You will be served the same amount of carbohydrates at each meal. 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, Phosphorus - found in milk, nuts, chocolate and colas.

Gastrointestinal Soft - While on this diet, you will not be served foods that may cause gas, such as broccoli, cauliflower, cabbage, onion and garlic. Please notify Food and Nutrition Services of any other foods that cause you discomfort.

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.

*Heart Healthy or Cardiac diets can include the combination of the Low-Cholesterol / Low-Fat and Sodium Restricted diets.

BREAKFAST

A La Carte

Entrée - Choice of One

French Toast or Pancakes
Scrambled Eggs
Hard Boiled Egg
Biscuit and Gravy

Hot & Cold Sides - Pick Two

Bacon
Pork Sausage Patty
Turkey Sausage Link
Grits
Oatmeal with Toppings
Cream of Wheat Hashbrowns
Assorted Cold Cereals
Fresh Fruit Cup
Seasonal Whole Fruit
Yogurt- Vanilla / Strawberry

Breads - Pick One

Buttermilk Biscuit
Toast: Wheat, White
English Muffin
Freshly Baked Muffins

BREAKFAST-Additional Selection

Scrambled Eggs / Boiled Eggs
Pancakes / French Toast Grits /
Oatmeal / Cream of Wheat
Bacon / Sausage - Patty or Link
Buttermilk Biscuit / English
Muffin
Cold Cereal with Milk
Fresh Fruit Cup / Seasonal
Fresh Fruit

Beverages

Coffee - Regular or Decaf
Iced Tea - Sweet or Unsweet
Hot Tea
Milk - Whole / 2% / Fat-Free / Chocolate
Juice - Orange / Apple / Grape
Cranberry / Prune
Diet or regular Soda

Some foods may be restricted due to
your diet prescription

LUNCH

Meals are served with a choice
of dessert and a bread

SUNDAY

Southern Fried Chicken Leg Quarter
Macaroni & Cheese,
Seasoned Turnip Greens
Southern Cornbread

MONDAY

Red Beans & Rice with Smoked Sausage
Fresh Steamed Broccoli
Southern Cornbread

TUESDAY

Meatloaf with Gravy
Yukon Mashed Potatoes
Green Beans

WEDNESDAY

Lasagna with Meat Sauce
Fresh Garden Salad
Garlic Roll

THURSDAY

Southern Style Pot Roast
Roasted Potatoes
Whole Baby Carrots

FRIDAY

Pulled Pork with Bun
Coleslaw
Baked Beans
Traditional BBQ Sauce

SATURDAY

Rotisserie Chicken Leg Quarter
Au Gratin Potatoes
Fresh Summer Squash with
Cherry Tomatoes and Basil

DINNER

Meals are served with a choice
of dessert and a bread

SUNDAY

Southern Style Pot Roast
Roasted Potatoes
Whole Baby Carrots

MONDAY

Beef Tips over Noodles
Fresh Garden Salad

TUESDAY

Maple Dijon Glazed Pork Loin
Deluxe Dressing
Broccoli, Carrots & Cauliflower
Medley

WEDNESDAY

Smothered Pork Chop
Yellow Rice
Seasoned Braised Cabbage

THURSDAY

Southern Fried Chicken Leg Quarter
Macaroni & Cheese
Seasoned Turnip Greens
Southern Cornbread

FRIDAY

Fried Fish
Carrot Souffle
Green Beans

SATURDAY

Stuffed Shells with Meat Sauce
Fresh Garden Salad
Garlic Roll

ADDITIONAL SELECTIONS

SOUPS

Soup of the Day / Chicken Noodle
Tomato / Cream of Potato
Broth - Chicken / Beef / Vegetable

ENTREES

Grilled Beef Patty
Grilled or Fried Fish Filet
Grilled Chicken Breast
Baked Chicken Leg Quarter
Deluxe Hamburger / Veggie Burger
Grilled Chicken Sandwich
Grilled Cheese Sandwich
Chicken Strips / Pizza of the Day

DELI

Create your own sandwich:
Turkey Breast / Roast Beef / Ham /
PB&J Chicken Salad / Tuna Salad
with: Cheddar Cheese / American
Cheese Swiss Cheese / Provolone
Cheese / Lettuce Tomato / Onion /
Pickle - Spear or Sliced
on: White Bread / Wheat Bread /
Hoagie Bun Wrap

SALADS

Green Garden Salad / Chef Salad /
Coleslaw Chicken Caesar Salad /
Chicken Salad Plate Grilled or Fried
Chicken over Salad
Cottage Cheese & Fruit Plate
Chicken Salad Vegetable Plate

SIDES

Mashed Potatoes / Steamed Rice /
Corn Green Beans / Carrots / Potato
Chips

DESSERTS

Cold Desserts:

Ice Cream - Vanilla / Chocolate /
Strawberry
Sherbet - Assorted Flavors
Popsicle - Assorted Flavors
Pudding - Vanilla / Chocolate / Banana
Sugar-Free Pudding - Vanilla /
Chocolate
Yogurt - Vanilla / Strawberry

Baked Goods:

Red Velvet Cake / Angel Food Cake /
Brownie Chocolate Cake / Carrot Cake
Strawberry Shortcake
Sweet Potato Pie / Tiramisu Cupcake
Assorted Homemade Cookies **Fruits:**
Fresh Fruit Cup / Seasonal Fresh Fruit
Peaches / Pears / Applesauce