

## 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 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."



## REGULAR MENU



### 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 (cheese or buttered)  
Oatmeal with Toppings  
Cream of Wheat  
Hashbrowns  
Assorted Cold Cereals  
Fresh Fruit Cup  
Seasonal Whole Fruit  
Yogurt - Vanilla

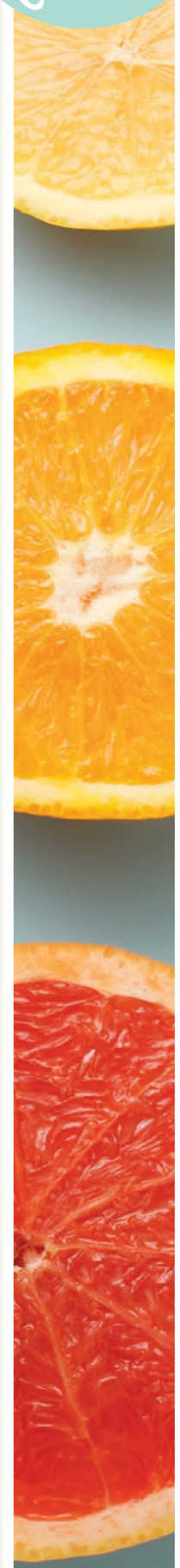
**Breads - Pick One**

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

**BEVERAGES**

Coffee  
Iced Tea - Sweet or Unsweet  
Hot Tea  
Milk - Whole | 2% | Fat-Free | Chocolate  
Juice - Orange | Apple | Grape  
Cranberry | Prune

**Some foods may be restricted due to your diet prescription**



**LUNCH**

Meals are served with a choice of dessert and a bread

**SUNDAY**

**Braised Pot Roast**  
Garlic Roasted Potatoes  
Whole Baby Carrots  
Dinner Roll

**MONDAY**

**Baked Ham**  
Au Gratin Potatoes  
Steamed Broccoli

**TUESDAY**

**Meatloaf with Gravy**  
Mashed Potatoes  
Green Beans  
Dinner Roll

**WEDNESDAY**

**Lasagna with Meat Sauce**  
Petite Garden Salad  
Dinner Roll

**THURSDAY**

**Braised Pot Roast**  
Garlic Roasted Potatoes  
Whole Baby Carrots  
Dinner Roll

**FRIDAY**

**Pulled Pork**  
Coleslaw  
Baked Beans  
Memphis BBQ Sauce

**SATURDAY**

**Rotisserie Chicken**  
Yellow Rice  
Broccoli  
Dinner Roll



**DINNER**

Meals are served with a choice of dessert and a bread

**SUNDAY**

**Chicken Pot Pie**  
Puff Pastry  
Green Beans

**MONDAY**

**Braised Beef Tips**  
White Rice  
Tomato Basil Summer Squash  
Dinner Roll

**TUESDAY**

**Roast Turkey Breast with Gravy**  
Broccoli, Carrots and Cauliflower  
Cornbread Stuffing  
Dinner Roll

**WEDNESDAY**

**Smothered Pork Chop**  
Braised Cabbage  
Mashed Sweet Potatoes

**THURSDAY**

**Fried Chicken**  
Macaroni & Cheese  
Turnip Greens  
Cornbread

**FRIDAY**

**Pan Fried Fish**  
Sautéed Zucchini  
Grits  
Dinner Roll

**SATURDAY**

**Salisbury Steak**  
Green Beans  
Mashed Potatoes  
Dinner Roll

**THOMAS HOSPITAL SPECIALS**

**Available every Breakfast**

Scrambled Eggs  
Grits  
Bacon  
Biscuit  
Coffee

**Available every Lunch & Dinner**

Morrison Quarter Baked Chicken  
Fresh Mashed Potatoes  
Signature Green Beans  
Dinner Roll

**Dessert Choices**

Apple Sauce | Peaches | Pears  
Apple | Banana | Orange | Fruit Cup  
Chocolate or Vanilla Pudding | Yogurt  
Chocolate Chip Cookie  
Sugar Cookie  
Angel Food Cake  
Peanut Butter & Oatmeal Raisin Cookies  
Vanilla Wafers

