

Alternative Selections



Breakfast

Apple Cinnamon Cream of Wheat | Oatmeal

COLD CEREALS:

Rice Krispies® | Total Raisin Bran®
Rice Chex® | Cheerios® | Cornflakes®
Frosted Flakes®

GRILL

Breakfast Sandwich:

Egg | Sausage | English Muffin
Scrambled Eggs
Pancakes | French Toast | Bacon
Turkey Sausage | Sausage Link

BAKERY

Blueberry Muffin
English Muffin
Plain Bagel

FRUIT

Fresh Fruit Cup
Whole Fruit:
Apple | Orange | Banana



Lunch & Dinner

SALADS & SOUPS

Chicken Noodle | Tomato
Chicken Caesar Salad
Chef Salad | Side Salad
Dressings: Ranch | Italian | Caesar
Balsamic

SANDWICHES

Proteins: Tuna Salad | Chicken Salad
Deli Turkey | Peanut Butter
Bread: Wheat | White
Bun
Toppings: Lettuce
Tomato | Onion | Pickles
Cheese: American
Swiss | Cheddar

HOT GRILL

Olive Oil & Lemon Baked Salmon
Grilled Cheese
Pizza: Cheese | Pepperoni | Vegetable
Hamburger | Plant Based Beyond Meat
Burger
Grilled Chicken Sandwich
Toppings: Lettuce
Tomato | Onion | Pickles
Cheese: American
Swiss | Cheddar

DESSERTS

Ice Cream: Vanilla | Chocolate
Orange Sherbet
Italian Ice
Angel Food Cake with Whip
Topping & a Strawberry
Cookies: Chocolate Chip
Sugar
Fresh Fruit Cup
Whole Fruit: Banana
Apple | Orange

Beverages



COFFEE

Regular | Decaffeinated

TEA

Iced | Hot

HOT COCOA

JUICE

Apple | Cranberry
Orange | Grape | Prune

MILK

Skim | 2%



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 / CARDIAC / LOW SODIUM: Foods are prepared without salt and include fresh fruits/vegetables, lean meats and whole grains. Salt packets and added fats like margarine, gravy, and salad dressing are limited.

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.

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.

MECHANICAL SOFT: Foods are soft and easy to chew and swallow, they may be chopped or ground.

FULL LIQUID MENU + CLEAR LIQUID MENU

JUICES

Apple | Grape | Cranberry
Orange | Prune

CEREALS

Apple Cinnamon Cream of Wheat
Strained Oatmeal

DESSERTS

Pudding:
Vanilla | Chocolate
Sugar-Free Vanilla
Sugar-Free Chocolate
Ice Cream:
Vanilla | Chocolate
Italian Ice | Popsicles
Sherbet
Gelatin:
Regular | Sugar-Free

BROTHS

Chicken | Beef
Vegetable

STRAINED SOUP

Tomato
Strained Chicken Noodle

HOT BEVERAGES

Fresh Brewed Coffee
Regular Tea
Decaffeinated Tea

COLD BEVERAGES

Iced Tea

JUICES

Apple | Grape | Cranberry

BROTHS

Chicken | Beef | Vegetable

GELATIN

Regular | Sugar-Free

HOT BEVERAGES

Fresh Brewed Coffee
Regular Tea | Decaffeinated Tea

COLD BEVERAGES

Iced Tea

ITALIAN ICE

POPSICLES

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."



A COMPASS ONE HEALTHCARE COMPANY



We Believe in The Power of Food Menu

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

Classic American Breakfast
Scrambled Eggs
Crispy Bacon
Breakfast Potatoes
Banana
Cold Cereal

Lunch

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

Dinner

Apricot Barbecue Boneless Pork Chop
Cauliflower Macaroni & Cheese
Seasoned Green Beans
Fruit Cup
Angel Food Cake
Vanilla Cream I Strawberries

Monday

Breakfast

Pancakes with Blueberry Sauce
Scrambled Eggs
Sausage Link
Peaches

Lunch

Chicken Marsala
Garlic & Herb
Roasted Potatoes
Italian Vegetables
Orange Creamsicle

Dinner

Italian Meatballs with Penne Pasta & Marinara
Side Salad
Dinner Roll
Pineapple
Brownie

Tuesday

Breakfast

Denver Scramble
Tomato Salsa
Breakfast Potatoes
Oatmeal with Cranberry-Orange Sauce
Banana

Lunch

Meatloaf with Gravy
Mashed Potatoes
Steamed Broccoli
Dinner Roll
Banana Pudding
Parfait

Dinner

Honey Mustard Chicken
Macaroni & Cheese
Roasted Brussels Sprouts
Fresh Grapes
Chocolate Chip Cookie

Wednesday

Breakfast

Biscuits & Gravy
Scrambled Eggs
Fruit Cup
Cold Cereal

Lunch

Roasted Pork Loin with Pan Gravy
Tomato & Spinach
Brown Rice
Roasted Ginger
Carrots
Sweet Cinnamon
Apples

Dinner

Open Faced Hot Beef Sandwich
Mashed Cauliflower
Potatoes
Side Salad
Banana
Double Chocolate Brownie

Thursday

Breakfast

Breakfast Skillet
Home-Style Potatoes
Peppers I Onions
Scrambled Eggs
Sausage Link
Banana

Lunch

Roast Turkey Breast
Mashed Potatoes
Seasoned Green Beans
Brownie

Dinner

Tomato Basil Chicken
Whole Wheat Penne
Tomato & Zucchini
Dinner Roll
Fruit Cup
Sugar Cookie

Friday

Breakfast

Bananas Foster French Toast
Scrambled Eggs
Bacon
Cold Cereal
Pears

Lunch

Tender Beef Stroganoff
Mushrooms
Egg Noodles
Roasted Carrots
Dinner Roll
Blueberry Crisp

Dinner

Southwestern Chicken Bowl - Shredded Chicken with Tomatoes and Latin Spices
Cilantro Lime Rice
Black Beans
Roasted Tomatoes
Pineapple
Orange Creamsicle

Saturday

Breakfast

Scrambled Eggs with Cheese
Breakfast Potatoes
Sausage Link
Fruit Cup

Lunch

Chicken Pot Pie
Steamed Broccoli
Brownie & Strawberry Delight

Dinner

Lasagna with Marinara
Italian Vegetables
Dinner Roll
Fresh Grapes
Chocolate Ice Cream

