

## LIQUID DIETS

### CLEAR LIQUID MENU

- |                  |                            |
|------------------|----------------------------|
| <b>Juices ♥</b>  | <b>Hot Beverages ♥</b>     |
| Apple (13g)      | Fresh Brewed Coffee        |
| Cranberry (15g)  | Decaffeinated Coffee       |
| Grape (17g)      | Fresh Brewed Tea           |
|                  | Decaffeinated Tea          |
| <b>Broths ♥</b>  | <b>Cold Beverages ♥</b>    |
| Beef (1g)        | Iced Tea                   |
| Chicken (1g)     | Ginger Ale (21g)           |
| Vegetable (4g)   | Diet Ginger Ale            |
| <b>Gelatin ♥</b> | <b>Italian Ice ♥ (20g)</b> |
| Regular (18g)    | <b>Popsicles ♥ (9g)</b>    |
| Sugar-Free (1g)  |                            |

### FULL LIQUID MENU

- Juices ♥**  
 Apple (13g) | Cranberry (15g)  
 Grape (17g) | Orange (13g)  
 Prune (20g)
- Cereals**  
 Grits ♥ (14g)  
 Apple Cinnamon Cream of Wheat ♥ (18g)
- Broths ♥**  
 Beef (1g) | Chicken (1g) | Vegetable (4g)
- Soup**  
 Cream of Tomato (13g)  
 Cream of Mushroom (10g)
- Desserts**  
 **pudding:**  
 Vanilla (28g) | Sugar-Free Vanilla ♥ (18g)  
 Chocolate (23g) | Sugar-Free Chocolate ♥ (17g)
- Ice Cream:**  
 Vanilla (16g) | Chocolate (19g)  
 Italian Ice ♥ (20g)  
 Popsicles ♥ (9g)  
 Sherbet ♥ (27g)
- Gelatin ♥:**  
 Regular (18g) | Sugar-Free (1g)
- Hot Beverages ♥**  
 Fresh Brewed Coffee:  
 Decaf | Regular  
 Fresh Brewed Tea:  
 Decaf | Regular
- Cold Beverages ♥**  
 Iced Tea  
 Ginger Ale (21g) | Diet Ginger Ale  
 Cola (24g) | Diet Cola (1g)

♥ = Heart Healthy item

TO PLACE YOUR ORDER:

PLEASE CALL

46368

713-704-6368

BETWEEN  
 6:30AM - 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. Your freshly prepared meal will be served within 45 minutes.



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."**



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### 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.



# ROOM SERVICE

## SOUPS

Chicken & Rice Soup ♥ (8g)  
Vegetable Soup ♥ (6g)  
Tomato Soup (13g)  
Chicken Noodle Soup ♥ (7g)  
**Broths** ♥: Beef (1g) | Chicken (1g)  
Vegetable (4g)

## LIGHT FARE

Chicken Caesar Salad ♥ (12g)  
Chef Salad (4g)  
Vegetarian Chef Salad (16g)  
Greek Salad ♥ (7g)  
Greek Salad with Chicken ♥ (7g)  
Fresh Fruit Plate with Cottage Cheese (36g)  
Mediterranean Platter with Hummus ♥ (18g)

## GRILL

Hamburger (0g) | Garden Burger (15g)  
Turkey Burger (5g)  
Grilled Chicken Sandwich ♥ (2g)  
Wheat Bun: (34g) | White Bun ♥ (39g)  
Grilled Cheese Sandwich (33g)  
Balsamic Glazed Portabello Burger  
on Wheat Bun (33g)  
Chicken Tenders (12g)  
**Personal Pizza** (39g): Cheese | Pepperoni  
**Build Your Veggie Pizza:** Onion (2g)  
Pepper | Mushroom | Tomato (1g)

## BUILD YOUR OWN SANDWICH

### BREAD ♥:

Whole Wheat (21g) | White (28g)  
Sandwich Thin (21g)

### PROTEIN:

Chicken Salad ♥ (2g) | Egg Salad (5g)  
Tuna Salad ♥ (2g) | Roast Beef | Ham (1g)  
Turkey ♥ | Peanut Butter (4g)  
Hummus ♥ (2g)

### TOPPINGS:

American Cheese (1g) | Cheddar Cheese (1g)  
Provolone (1g) | Low Sodium Swiss  
Lettuce ♥ | Tomato ♥ (1g)  
Red Onion ♥ (1g) | Pickles (1g)  
**Jelly:** Regular (10g) | Sugar-Free (3g)

## CONDIMENTS

Mustard ♥ | Ketchup ♥ (3g)  
Mayonnaise: Lite ♥ (1g) | Regular  
Parmesan Cheese Packets ♥ (1g)  
Saltine Crackers: Regular (4g) | Unsalted ♥ (4g)  
Salt | Pepper ♥ | Herb Seasoning ♥

## ENTRÉES

Grilled Chicken Parmesan (4g)  
Meatloaf ♥ (3g)  
Beef Pot Roast ♥ (2g)  
Honey Lime Chicken ♥ (11g)  
Garlic Herb Pork Loin ♥ (1g)  
Roast Turkey Breast ♥ (4g)  
Blackened Fish ♥ (2g)

### Build Your Own Pasta Bowl

#### Your Choice of Penne ♥:

Wheat (42g) | White (41g)

#### Your Choice of Sauce:

Turkey Meat Sauce ♥ (6g)  
Tomato Sauce (10g)

#### Your Choice of Vegetable ♥:

Broccoli (2g) | Spinach | Mushroom (1g)  
Pepper (1g) | Onion (4g)

## TEX-MEX FAVORITES

Served with Grilled Peppers & Onions (4g)

### Grilled Quesadilla or Fajitas:

Your Choice of Filling:

Chicken ♥ (1g) | Vegetable ♥ (3g)

Your Choice of Tortilla:

Flour (22g) | Corn ♥ (13g)

## SIDES

Mashed Potatoes ♥ (18g)  
Mashed Sweet Potatoes ♥ (27g)  
Roasted Potatoes ♥ (18g)  
Brown Rice ♥ (24g)  
Cilantro - Lime Rice ♥ (24g)  
Macaroni & Cheese (14g)  
Steamed Broccoli ♥ (4g)  
Seasoned Green Beans ♥ (6g)  
Steamed Carrots ♥ (8g)  
Whole Kernel Corn ♥ (18g)  
Sautéed Zucchini ♥ (2g)  
Side Salad ♥ (4g)  
Dinner Roll ♥ (15g)

## SALAD DRESSINGS

Ranch (3g) | Caesar (3g)  
Italian (3g) | Lite Ranch ♥ (14g)  
Low Sodium Ranch (1g)  
Balsamic Vinaigrette (5g)

♥ = Heart Healthy item

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

## DESSERTS

Brownie (31g)  
Angel Food Cake ♥ (28g)  
Strawberry Shortcake Parfait ♥ (27g)  
Banana Pudding Parfait ♥ (18g)  
Applesauce with Cinnamon ♥ (13g)  
**Cookies:** Chocolate Chip (23g) | Sugar (21g)  
Vanilla Wafers ♥ (14g)

### Gelatin ♥

Regular (18g) | Sugar-Free (1g)

### Pudding

Regular: Vanilla (28g) | Chocolate (23g)  
Sugar-Free: Vanilla ♥ (18g) | Chocolate ♥ (17g)

### Frozen Treats

**Ice Cream:** Regular or Sugar-Free

Vanilla (16g) | Chocolate (19g)  
Strawberry (19g)

Italian Ice ♥ (20g)

Popsicle ♥ (9g)

## BEVERAGES

### Coffee ♥:

Regular | Decaf

### Tea ♥:

Iced | Hot | Decaf | Regular

### Hot Chocolate ♥:

Regular (12g) | Sugar-Free (4g)

### Juice ♥:

Apple (13g) | Cranberry (15g) | Grape (17g)  
Orange (13g) | Prune (20g)

**V-8 Juice:** Regular (6g) | Low-Sodium (6g)

### Milk:

Whole (12g) | Skim ♥ (12g)  
2% (12g) | Chocolate (30g)

## CEREAL & YOGURT

Fruit, Granola & Yogurt Parfait ♥ (24g)  
**Yogurt** ♥: Strawberry (25g) | Raspberry (27g)  
French Vanilla (27g) | Light Vanilla (18g)  
Oatmeal ♥ (19g) | Grits ♥ (21g)  
with Brown Sugar ♥ (14g) & Raisins ♥ (7g)  
Apple Cinnamon Cream of Wheat ♥ (27g)  
Total ♥ (16g) | Whole Grain Cheerios ♥ (23g)  
Cornflakes ♥ (17g) | Frosted Flakes ♥ (24g)  
Bran Flakes ♥ (20g) | Rice Krispies ♥ (15g)

## BREAKFAST ENTRÉES

### Scrambled Eggs

Whole (2g) | Low Cholesterol ♥ (2g)  
Egg White ♥ (1g) | Hard Boiled Egg ♥ (1g)  
**Waffles** ♥ (27g)

**French Toast** with Cinnamon ♥ (21g)  
**Pancakes** Plain ♥ (33g) or Blueberry ♥ (35g)

## BUILD YOUR OWN BREAKFAST

Create Your Own Omelet, Taco,  
or Breakfast Sandwich

### Your Choice of:

Tortilla: Flour (22g) | Corn ♥ (13g)  
Biscuit (24g) | English Muffin ♥ (25g)

### Eggs Your Way:

Whole | Low Cholesterol ♥ (1g)  
Egg White ♥ (1g)

### Vegetables ♥:

Broccoli (1g) | Spinach | Mushroom  
Tomato (1g) | Green Pepper (1g)  
Green Onion (1g)

### Toppings:

Cheese: American (1g) | Cheddar | Swiss  
Sautéed Breakfast Potatoes ♥ (22g) | Salsa  
Breakfast Meat: Bacon | Sausage (1g)  
Breakfast Chop ♥ (1g)

## BREAKFAST SIDES

Turkey Sausage ♥ | Pork Sausage (1g)  
Turkey Bacon ♥ | Pork Bacon  
Breakfast Chop ♥ (1g)  
Sautéed Breakfast Potatoes ♥ (22g)

## BAKERY

Bagel ♥ (37g) | Biscuit (24g)  
English Muffin ♥ (25g)

**Bread** ♥: White (15g) | Wheat (11g)

**Tortilla:** Flour (22g) | Corn ♥ (13g)  
House Made Blueberry Muffin ♥ (32g)

## FRUIT ♥

Fruit Cup (9g)  
Pineapple (11g) | Applesauce (13g)  
Mandarin Oranges (20g) | Red Grapes (14g)  
Peaches (15g) | Pears (17g) | Fruit Cocktail (14g)  
**Whole Fruit:**  
Apple (18g) | Banana (27g) | Orange (15g)

