

Home Style Breakfast

Entrées

Scrambled Eggs
Denver Scrambled Eggs with Cheese,
Sautéed Ham & Vegetables
Pancakes (with Syrup and Butter)
French Toast (with Syrup and Butter)

Cereals

Grits
Oatmeal
Assorted Dry Cereals
(Ask your Catering Associate)

Sides

Turkey Sausage
Turkey Bacon
Breakfast Potatoes
Toast with Sugar-Free Jelly and Butter
(White or Wheat)
Toasted Bagel (with Butter or
Cream Cheese)
Toasted English Muffin
(with Sugar-Free Jelly and Butter)
Freshly Baked Low Fat
Fruit Muffin
Fresh Fruit Cup
Banana
Low Fat Yogurt
(Various Flavors)

Doctor prescribed modifications to your diet may require that we make changes to your selections.

Beverages

Coffee, Hot Tea, Iced Tea
Orange Juice, Apple Juice, Cranberry Juice, Grape Juice
Whole Milk, 2% Milk, Skim Milk

Your Special/Restricted Diet Explained

Your doctor has ordered a MODIFIED DIET for you. This diet does not have any nutritional restrictions. Our chefs will select appropriate blends of spices, herbs, and seasonings when preparing your menu items.

Should you follow at home any nutritional restrictions, such as sugar/sweets, salt, pepper, low fat, etc., please let your Nurse know so we may accommodate while you are in the hospital.

If you have questions about your MODIFIED DIET, please ask your Nurse to contact a Dietitian.

We look forward to taking **Very Good** care of you during your stay.

*Thank You,
Food and Nutrition Services*

Our goal is to provide **Very Good** meal service during your stay. We look forward to visiting with you several times a day to help take care of your food and nutritional needs.

Twice a day we will visit with you to review your menu options for upcoming meals. Please feel free to ask any of our staff questions you may have about your meal service.

We look forward to taking very good care of you.

*Thank You,
Food and Nutrition Services*

Because We Care

Our Chef's Special selections are prepared to provide you with a balanced intake of nutrients. To prepare your meals we purchase ingredients that are good for you and for our community:

- Milk from dairy cows certified free of artificial bovine growth hormones (rBGH/rBST)
- Poultry and pork that is raised without the unnecessary use of antibiotics
- Sustainable seafood as established by the Monterey Bay Aquarium Seafood Watch program.
- Local produce in season whenever possible.

Catering
to YOU MORRISON

 **RIVERVIEW**
Regional Medical Center

*Modified
Diet*

Monday

LUNCH

Roasted Pork Loin with Brown Gravy

Slow roasted pork loin topped with our homemade brown gravy. Served with black-eyed peas, signature greens and a freshly baked dinner roll.

Grilled Chicken Salad

Our famous southern grilled chicken breast tossed with fresh greens with your choice of fat-free dressing. Served with low sodium vegetable soup and crackers.

DINNER

Rotisserie Chicken

Roasted until golden brown and seasoned with our herb blend. Served with rotini noodles and glaze, signature seasoned green beans and a freshly baked dinner roll.

Roast Beef Sandwich with Lettuce and Tomato

Served with low sodium potato soup and crackers.

Tuesday

LUNCH

Deluxe Hamburger with Lettuce and Tomato

Served with roasted red potatoes, fresh garden salad with your choice of fat-free dressing and low sodium chicken noodle soup.

Vegetable Plate

Served with pinto beans, steamed rice, seasoned greens, fresh garden salad with your choice of fat-free dressing and southern cornbread.

DINNER

Oven Roasted Turkey and Dressing

Slow roasted turkey breast with homemade gravy. Served with yams, cranberry sauce, peas and carrots and a freshly baked dinner roll.

Tuna Salad Sandwich with Lettuce and Tomato

Served with low sodium cream of broccoli soup, crackers and coleslaw.

Wednesday

LUNCH

Oven Roasted Chicken

Slow roasted chicken served with a baked potato, garden vegetable blend and a freshly baked dinner roll.

Club Sandwich with Lettuce and Tomato

Served with low sodium corn chowder and crackers.

DINNER

Braised Beef Tips

Tender beef tips braised in au jus served over steamed rice. Served with steamed zucchini and summer squash, fresh garden salad with your choice of fat-free dressing and a freshly baked dinner roll.

Chicken Salad and Fresh Fruit Plate

Southern chicken salad accompanied with seasonal fresh fruit. Served with low sodium beef vegetable soup and crackers.



Thursday

LUNCH

Chopped Steak with Gravy

Grilled chopped steak topped with homemade gravy. Served with rotini noodles, Italian vegetable blend, fresh garden salad with your choice of fat-free dressing and freshly baked Italian bread.

Turkey Sandwich with Lettuce and Tomato

Served with low sodium tomato soup and crackers.

DINNER

Oven Fried Chicken

A golden brown chicken breast with our signature seasoning. Served with mashed potatoes and homemade gravy, seasoned green beans and a freshly baked dinner roll.

Roast Beef Sandwich with Lettuce and Tomato

Served with low sodium cream of broccoli soup and crackers.

Friday

LUNCH

Oven Baked Fish

Oven baked fish served with Mardi Gras corn, seasoned greens and a freshly baked dinner roll.

Turkey Sandwich with Lettuce and Tomato

Served with low sodium chicken & rice soup and crackers.

DINNER

Pot Roast and Gravy

Slow cooked pot roast and homemade gravy. Served with oven brown potatoes, steamed carrots and a freshly baked dinner roll.

Cottage Cheese and Fresh Fruit Plate

Seasonal fresh fruit and cottage cheese served with banana bread, low sodium tomato soup and crackers.

Saturday

LUNCH

Roasted Pork Loin with Brown Gravy

Slow roasted pork loin topped with our homemade brown gravy. Served with rotini noodles and glaze, stewed tomatoes and a freshly baked dinner roll.

Vegetable Plate

Served with pinto beans, steamed carrots, steamed rice, fresh garden salad with your choice of fat-free dressing.

DINNER

Braised Beef Tips

Tender beef tips in a low sodium mushroom sauce over noodles. Served with steamed broccoli, fresh garden salad with your choice of fat-free dressing and a freshly baked dinner roll.

Grilled Chicken Sandwich with Lettuce and Tomato

Served with low sodium beef vegetable soup and crackers.

Catering
to
YOU!

Sunday

LUNCH

Oven Roasted Chicken

Slow roasted chicken served with rice pilaf, steamed broccoli and a freshly baked dinner roll.

Roast Beef Sandwich with Lettuce and Tomato

Served with low sodium beef vegetable soup and crackers.

DINNER

Chopped Steak with Gravy

Grilled chopped steak topped with homemade gravy. Served with whipped mashed potatoes and gravy, steamed carrots and a freshly baked dinner roll.

Turkey Sandwich with Lettuce and Tomato

Served with low sodium tomato soup, crackers and coleslaw.

A La Carté
Available Every Day



Entrées

Hamburger
Grilled Chicken Sandwich
Grilled Chicken Breast
Veggie Burger
Turkey Sandwich
Tuna Salad Sandwich
Chicken Salad Sandwich
Peanut Butter & Sugar-Free Jelly

Cottage Cheese & Fruit Plate
Chef Salad

Please Note: Kosher Meals
Available: Beef, Chicken, Turkey,
and Fish
*Choice of 1 meat, 2 vegetables,
and 1 dessert

Sides

Steamed Rice
Mashed Potatoes
Baked Potato
Baked French Fries
Green Beans
Carrots
Garden Green Salad

Soups

Low Sodium Chicken Noodle
Low Sodium Vegetable
Low Sodium Tomato
Low Sodium Potato Cream
Low Sodium Cream of Mushroom
Low Sodium Cream of Chicken

Salad Dressings

Fat-Free Ranch
Fat-Free Italian
Fat-Free 1000 Island

Desserts

Dessert of the Day
Guilt-Free Vanilla Ice Cream
Orange Sherbet
Sugar-Free Popsicles
Sugar-Free Flavored Gelatin
Sugar-Free Vanilla Pudding
Angel Food Cake
Chilled Applesauce, Chilled Peaches, Chilled Pears,
Chilled Pineapple
Seasonal Fresh Fruit, Fruit Cup, Light Yogurt

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