

Home Style Breakfast

Entrées

Scrambled Eggs
Denver Scrambled Eggs with Cheese,
Sautéed Ham & Vegetables
Hard Boiled Eggs
Biscuit and Gravy
Pancakes (with Syrup and Butter)
French Toast (with Syrup and Butter)
Turkey Sausage
Turkey Bacon

Cereals

Grits
Oatmeal
Assorted Dry Cereals
(Ask your Catering Associate)

Sides

Bacon
Sausage Patty
Turkey Sausage Link
Grilled Ham Slice
Breakfast Potatoes
Biscuit with Jelly and Butter
Toast with Jelly and Butter
(White or Wheat)
Toasted Bagel (with Butter or
Cream Cheese)
Toasted English Muffin
(with 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 REGULAR 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 REGULAR 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.

*Regular
Diet*

Catering
to YOU MORRISON

R RIVERVIEW
Regional Medical Center

Monday

LUNCH

Roasted Pork Loin with Brown Gravy

Slow roasted pork loin topped with our homemade brown gravy. Served with black-eyed peas, seasoned green beans and southern cornbread.

Grilled Chicken Salad with Dressing

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

DINNER

Rotisserie Chicken

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

Roast Beef on a Kaiser Roll with Lettuce & Tomato

Served with potato soup and crackers.

Tuesday

LUNCH

Deluxe Hamburger with Lettuce and Tomato

Served with roasted red potatoes, fresh garden salad with your choice of dressing and chicken noodle soup.

Vegetable Plate

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

DINNER

Oven Roasted Turkey and Dressing

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

Tuna Salad Sandwich with Lettuce and Tomato

Served with cream of broccoli soup, crackers and coleslaw.

Wednesday

LUNCH

Chicken and Dumplings

Tender chicken and dumplings in a savory sauce. Served with a garden vegetable blend and a freshly baked dinner roll.

Club Sandwich with Lettuce and Tomato

Served with 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 dressing and a freshly baked dinner roll.

Chicken Salad and Fresh Fruit Plate

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



Thursday

LUNCH

Pasta with Italian Meat Sauce

Rich burgundy mushroom and tomato meat sauce over tender pasta topped with grated parmesan cheese. Served with Italian vegetable blend, fresh garden salad with your choice of dressing and freshly baked Italian bread.

Egg Salad Sandwich with Lettuce and Tomato

Served with cream of tomato soup, crackers and seasonal fresh fruit.

DINNER

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 cream of broccoli soup and crackers.

Friday

LUNCH

Southern Fried Catfish

Cornmeal hand-breaded catfish served with tartar sauce, Mardi Gras corn, seasoned greens and a freshly baked dinner roll.

Turkey Sandwich with Lettuce and Tomato

Served with 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, tomato soup and crackers.

Saturday

LUNCH

Roasted Pork Loin with Brown Gravy

Slow roasted pork loin topped with our homemade brown gravy. Served with macaroni and cheese, stewed tomatoes and southern cornbread.

Vegetable Plate

Served with pinto beans and steamed carrots over rice accompanied by a fresh garden salad with your choice of dressing.

DINNER

Traditional Beef Stroganoff

Tender beef tips in a creamy mushroom sauce over egg noodles. Served with steamed broccoli, fresh garden salad with your choice of dressing and a freshly baked dinner roll.

Grilled Chicken Sandwich with Lettuce and Tomato

Served with chicken gumbo and crackers.

Catering
to
YOU!

Sunday

LUNCH

Chicken with Julienne Vegetables

Grilled chicken breast with tender julienne vegetables. Served with rice pilaf, steamed broccoli and a freshly baked dinner roll.

Roast Beef Sandwich with Lettuce and Tomato

Served with vegetable beef 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 tomato soup, crackers and coleslaw.

A La Carté
Available Every Day



Entrées

Hamburger
Cheeseburger
Chicken Fingers
Grilled Chicken Sandwich
Grilled Chicken Breast
Cheese Pizza
Pepperoni Pizza
Grilled Cheese
Veggie Burger
Turkey Sandwich
Ham Sandwich
Tuna Salad Sandwich
Chicken Salad Sandwich
Peanut Butter & 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
French Fries
Green Beans
Carrots
Garden Green Salad
Coleslaw

Soups

Chicken Noodle
Vegetable
Tomato
Potato Cream
Cream of Mushroom
Cream of Chicken
Featured Soup of the Day

Salad Dressings

Ranch, Thousand Island,
Italian, Zesty Italian, French,
Fat-Free 1000 Island,
Fat-Free Ranch, Fat-Free Italian

Desserts

Dessert of the Day
Ice Cream: Vanilla, Chocolate, Heart Healthy, Orange Sherbet
Regular and Sugar-Free Popsicles
Regular and Sugar-Free Flavored Gelatin
Regular Pudding: Chocolate, Vanilla, Banana
Chilled Applesauce, Chilled Peaches, Chilled Pears,
Chilled Pineapple
Seasonal Fresh Fruit, Fruit Cup, Yogurt

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