

LIQUID DIETS

CLEAR LIQUID MENU

(No milk or milk products)

Water & Juices

Apple | Cranberry | Water

Coffee & Tea (no creamer or milk)

Coffee: Regular | Decaf 

Tea: Iced Tea, Decaf, Unsweetened 

Hot Tea (Regular, Decaf , Green, Herbal 

Sugar Free Drinks & Sodas

Sugar Free Drink (Lemonade or Raspberry) 

Sodas: (Regular | Diet)

Ginger Ale | Lemon Lime | Cola

Broths

Chicken | Beef | Vegetable 

Cold & Frozen Treats

Italian Ice (Lemon/Orange)

Assorted Popsicles (Regular/Sugar-Free)

Gelatins (Orange/Berry/Sugar-Free)

Condiments

Sugar (White | Brown | Substitute) 

Honey  | Salt

FULL LIQUID MENU

Water & Juices

Apple | Cranberry | Orange | Prune

Water

Milk

Skim (Fat-Free) , 1% , 2%,
Fat-Free Chocolate, Soy Vanilla ,

High Protein Nutritional Drink (Vanilla/Chocolate)

Coffee, Tea & Chocolate

Coffee : Regular | Decaf 

Tea : Iced Tea, Decaf, Unsweetened 

Hot Tea (Regular/Decaf ) Green | Herbal 

Hot Chocolate: Regular | Sugar-Free

Sugar Free Drinks & Sodas

Sugar Free Drink (Lemonade or Raspberry) 

Sodas: (Regular | Diet)

Ginger Ale | Lemon Lime | Cola

Hot Cereals

Cream of Wheat | Oatmeal | Grits

Soups & Broths

Soups: Tomato  | Cream of Chicken

Broths : Chicken | Beef | Vegetable 

Cold & Frozen Treats

Gelatins (Orange/Berry/Sugar-Free) 

Yogurt (Vanilla/Strawberry) 

Puddings (Vanilla/Chocolate) 

Italian Ice  (Lemon/Orange)

Assorted Popsicles (Regular/Sugar-Free) 

Ice Cream (Regular/Fat Free ) (Vanilla/Chocolate)

Orange Sherbet 

High Protein Nutritional Treat

(Vanilla/Orange/Chocolate)

Condiments

Sugar (White | Brown | Substitute) 

Honey  | Salt | Creamer | Butter

TO PLACE YOUR ORDER:

PLEASE CALL

1-3663

(1FOOD)

BETWEEN 7:00AM - 6:30PM

A family member can order meals for the patient from home by calling 540-741-3663.

- A meal is 1 entrée (main dish) + 3 sides. Please have your selections ready when calling.
- Your meal will be prepared and served within 1 hour, using the freshest ingredients tailored to your prescribed diet.
- You can pre-order your lunch, dinner or breakfast the day before.
- Nutritional oral supplements are available upon a Physician's or Registered Dietitian's order.
- Guest meal tickets available for purchase in the Cafeteria, located in the Lower Level (LL).
- Admitted after 6:30pm? Your nurse can acquire an after-hours boxed meal (Turkey or Tuna Cold Sandwich, Fruit and Drink) for you.

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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.

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A COMPASS ONE HEALTHCARE COMPANY

ROOM SERVICE

BELIEVE IN THE POWER OF

food

 Mary Washington Healthcare

 Mary Washington Hospital

TO PLACE YOUR ORDER:

PLEASE CALL

1-3663

(1FOOD)

from the bedside phone

BETWEEN

7:00AM - 6:30PM

Please review this menu prior to your call.

A Nutrition Operator will guide you through the ordering process.

DIET INFORMATION

Your diet, like medication, is an important part of your treatment. It may help you speed your recovery. You may select items from the diet ordered by your doctor. Diets may transition throughout your stay.

- Regular** - No Restrictions
 - Cardiac** - Combination of Low Fat and Low sodium diets. Items with a  are recommended.
 - Low Sodium** - Processed foods (bacon, deli meats, sausage, ham, cheese) will be limited. Herbs and spices offered in place of salt. You will have a limit on sodium per meal.
 - Low Fat (Fat Restricted)** - Encouraged fresh fruits, vegetables, salads, low-fat dairy and lean meats. You will have a limit on fat intake per meal.
 - Consistent Carbohydrate** - You will be served the same amount of carbohydrates at each meal. Foods high in carbohydrates are limited.
 - Renal** - Your meals may limit one or more of the following: Fluids (liquids), Protein (eggs, meat, and dairy), Sodium (cured meats and other processed foods), Potassium (some fruits and vegetables), Phosphorus (milk, nuts, chocolate and colas).
 - Gastrointestinal (GI Soft)** - You will not be served food that may cause gas such as broccoli, cauliflower, cabbage, onion, and garlic.
- Other diet texture modifications available:
- Clear Liquids** - You will be served clear liquids only, no milk or cream.
 - Full Liquids** - Clear liquids and milk products.
 - Puree Diet** - Items are pureed.
 - Dysphagia** - Ground meats and very soft items.
 - Mechanical Soft** - Items are bite size and softer.

For an electronic version of Diet Menus, please visit:
www.marywashingtonhealthcare.com > Patients & Visitors > MWH Patient Menus

Find a Nutrition Expert
www.EatRight.org
Diabetes.mwhc.com

Recipes and Other Resources
www.WeEatLiveDoWell.com

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MAIN DISH

(Your choice of (1) selection below)

COLD ENTRÉES & SALADS

Hummus and Crunchy Vegetables 
Generous Portion of Fresh Vegetables,
Hummus and Pita Bread

Chicken Caesar Salad 
Chicken | Cucumbers | Croûtons | Lettuce

Hummus Vegetable Wrap 
Delicious Sautéed Vegetables and Hummus
wrapped in a Flour Tortilla

Chef Salad
Turkey, Swiss Cheese, Egg,
Tomato, Cucumbers over Mixed Greens

CHEF SELECTIONS

**Tri-Color Quinoa and Cauliflower
Meatballs with Wheat Pasta** 

Vegan Taco Boat with Impossible Meat 

Penne Pasta   **with Sauce**
Regular or Gluten Free Pasta with your choice
of Marinara , Meat Sauce or Alfredo

Asian Vegetable Stir Fry over Rice  
(You may add Chicken, Fish or Tofu )

Baked Fish 
Herb seasoned white fish

Roasted Turkey Breast with Gravy 

Chicken Tinga Bowl 
Latin Spiced Chicken and Tomatoes over Rice.

Chicken Parmesan 
Marinara Sauce and Cheese over Chicken

Chicken Tenders

Meatloaf with Brown Gravy

PIZZA

Cheese | Veggie  | Pepperoni | Turkey Sausage

BUILD YOUR OWN SANDWICH

Breads : Multigrain  | Wheat 
White | Gluten Free

Protein: Turkey | Roast Beef | Ham
Tuna Salad  | Chicken Salad 

Egg Salad | Peanut Butter & Jelly  
Cheese: Swiss  | Cheddar | Pepper Jack
Toppings: Lettuce   | Red Onion  
Tomato   | Spinach  
Bacon | Dill Pickles 

BURGERS/HOT SANDWICHES

Burger: Beef | Turkey | Veggie 

Grilled Sandwich: Chicken Breast 
Cheese | Ham & Cheese

SIDES

(Your choice of (3) selections below)

SOUPS

House Made Lentil & Black Bean  
Chicken Noodle  | Turkey Chili Bowl
Tomato  | Cream of Chicken
Chef's Special Soup of the Week

SIDE SALADS

Garden Salad 
Mixed Greens | Tomatoes | Cucumbers
Caesar Salad
Greens | Parmesan Cheese | Croutons

HOT SIDES

Vegetables  :

Braised Cabbage | Broccoli
Carrots | Corn
Green Beans | Peas | Spinach

Starches:

Mashed Sweet Potatoes
Seasoned Red Potatoes  
Rice (white or brown)  
Homemade Mashed Potatoes 
Macaroni & Cheese | French Fries
Corn Bread | Dinner Roll

COLD SIDES

Fresh Carrots & Celery Sticks  
Hummus & Pita Bread  
Cottage Cheese

CONDIMENTS

(Add your condiments and quantity)

Pepper  | Herb Seasoning   | Salt
Jelly (Regular/Sugar-Free) 
Cream Cheese | Peanut Butter  
Light Mayonnaise  | Sour Cream
Butter | Creamer
Sugar  (Brown/White/Sugar Substitute)
Syrup (Regular/Sugar-Free) 
Ketchup  | Mustard  | Honey 
Barbecue Sauce | Honey Mustard Sauce
Hot Sauce  | Tartar Sauce | Salsa  
Lemon  | Vinegar  | Oil  
Crackers | Cinnamon   | Raisins  

Dressings:

Raspberry Vinaigrette | Balsamic Vinaigrette
Caesar | Italian | Ranch | Oil & Vinegar

DESSERTS

(Your choice of (1) selection below)

FRESH FRUITS

Apple | Orange | Banana | Grapes
Pineapples | Seasonal Fresh Fruit Cup

SOFT FRUITS

Applesauce (Plain | with Cinnamon)
Pears | Peaches

YOGURT & PARFAIT

Yogurt: Vanilla or Strawberry"
Parfait: Fruit Granola Parfait

PUDDINGS

Banana | Chocolate | Vanilla

GELATINS

Berry (Regular/Sugar-Free)
Orange (Regular)

COLD & FROZEN TREATS

Ice Cream (Regular/Fat Free)
Vanilla | Chocolate
Orange Sherbet 
Popsicles (Regular/Sugar-Free) 
Italian Ice  (Lemon/Orange)
High Protein Nutritional Treat
(Vanilla/Chocolate/Orange)

BAKED DESSERTS

Angel Food Cake  | Apple Crisp 
Cinnamon Apple with Whipped Topping
Strawberry Shortcake | Chocolate Brownie
Fresh Baked Cookie (Sugar/Chocolate Chip)

BEVERAGES

JUICE

Apple | Cranberry | Orange | Prune

MILK

Skim  (Fat-Free) | 1% Low Fat  | 2%
Fat-Free Chocolate | Soy Vanilla  
High Protein Nutritional Drink 
(Vanilla/Chocolate)

HOT DRINKS

Coffee : Regular | Decaf 

Tea : Iced Decaf Unsweetened 
Hot (Regular/Decaf  ) Green | Herbal 
Hot Chocolate: Regular | Sugar-Free

Sugar Free Drinks & Sodas:

Sugar Free Drink (Lemonade or Raspberry) 
Sodas: (Regular | Diet)
Ginger Ale | Lemon Lime | Cola 

BREAKFAST

ENTRÉES

(Your choice of (1) selection below)

Cinnamon French Toast 
Pancakes: Buttermilk or Blueberry 

Biscuit and Sausage Gravy

**Build Your Own Omelet or
Breakfast Wrap**

Eggs: Regular, Egg Whites 

Cheese: Swiss  | Cheddar | Pepper Jack

Vegetables : Onions  | Peppers 
Mushrooms  | Spinach  | Tomatoes 

Meats: Turkey Sausage | Pork Bacon

SIDES

(Your choice of 3 selections below)

Eggs: Hard Boiled (Cage-Free)
Scrambled (Regular/Egg Whites 
Seasoned Breakfast Potatoes 

Meats: Turkey Bacon | Pork Bacon
Turkey Sausage Patty | Pork Sausage Link

Hot Cereals

Apple Cinnamon Cream of Wheat | Grits
Oatmeal (add Brown Sugar,
Cinnamon or Raisins)

Cold Cereals : Cheerios

Honey Nut Cheerios | Raisin Bran
Cinnamon Toast Crunch, Rice Krispies

BAKERY

(All breads toasted on request)

Bread: Multigrain  | Wheat  | White
Gluten Free | English Muffin

Bagel: Plain

Cinnamon Raisin 

Muffins: Blueberry  | Orange Cranberry

Some food items may not be appropriate
based on the diet order prescribed by your
doctor or food allergies.

 = Plant Based Food Item

 = Better options for a Heart Healthy Diet

Food items, heart healthy are accurate at the
time of printing the menu. May be subject
to change due to product availability.

For an electronic version of Diet Menus, visit
www.marywashingtonhealthcare.com > Patients
& Visitors > MWH Patient Menus