

## LIQUID DIETS

### CLEAR LIQUID MENU

#### Juices ♥

Apple | Cranberry  
Water ♥

#### Hot Drinks

Coffee: No Cream or Milk, Regular | Decaf ♥  
Tea:  
Iced Decaf Unsweetened ♥  
Hot (Regular, Decaf ♥, Green, Herbal ♥)

#### Sodas

Lemonade | Raspberry Ice (Sugar Free) ♥  
Ginger Ale (Regular | Diet) ♥  
Lemon Lime Soda (Regular | Diet) ♥  
Cola (Regular | Diet | Caffeine-Free ♥)

#### Broths ♥

Chicken | Beef | Vegetable

#### Cold & Frozen Treats ♥

Italian Ice (Lemon/Orange)  
Assorted Popsicles (Regular/Sugar-Free)  
Gelatins (Berry/Orange/Sugar-Free)

#### Condiments

Sugar (White | Brown) ♥ | Sugar Substitute  
Honey ♥ | Salt

### FULL LIQUID MENU

#### Juices ♥

Apple | Cranberry | Orange | Prune  
Water ♥

Milk: 1% ♥, Whole, Chocolate, Almond  
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

#### Sodas

Lemonade | Raspberry Ice (Sugar Free) ♥  
Ginger Ale (Regular/Diet) ♥  
Lemon Lime Soda (Regular/Diet) ♥  
Cola (Regular | Diet | Caffeine-Free ♥)

#### Hot Cereals ♥

Strained Cream of Wheat | Strained Oatmeal | Grits

#### Soups & Broths

Soups: Tomato | Cream of Chicken

Broths: Chicken | Beef | Vegetable

#### Cold & Frozen Treats

Gelatins (Berry/Orange/Sugar-Free) ♥  
Yogurt (Vanilla/Strawberry) ♥  
Puddings (Vanilla/Chocolate/Sugar-Free) ♥  
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) ♥ | Sugar Substitute  
Honey ♥ | Salt | Creamer | Butter

TO PLACE YOUR ORDER:  
PLEASE CALL

# 13663

(1FOOD)

BETWEEN 7:00AM - 6:30PM  
Family, please order by calling  
540-741-3663

- A meal is considered one (1) entrée and 3 sides. Please have your selections ready when calling.
- The best times to pre-order your meal are from 9:30am-11am and from 1:30pm-3pm.
- Our Chefs will prepare your meal using the freshest ingredients tailored to your prescribed diet.
- Your freshly prepared meal will be served within 1 hour.
- If you are admitted after 6:30pm, your nurse can acquire an after hours cold or hot meal for you.
- For an electronic version of this and other modified menus, please visit [www.mwhc.com](http://www.mwhc.com) > Patients & Visitors or use the QR code



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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.

That's the Morrison difference. That's  
"The Power of Food."

morrison  
healthcare  
A COMPASS ONE HEALTHCARE COMPANY



## ROOM SERVICE

BELIEVE IN  
THE POWER OF

food

Mary Washington Healthcare

Stafford Hospital

TO PLACE YOUR ORDER:  
PLEASE CALL

# 13663

(1FOOD)

from the bedside phone  
BETWEEN  
7:00AM - 6:30PM

Please have your selections ready.

You can pre-order your breakfast,  
lunch or dinner the day before.

A Nutrition Operator will guide you  
through the ordering process.

### 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 throughout your stay. Nutritional Supplements such as Ensure Plus, Ensure Clear, Glucerna and Nepro are available upon a physician's order.

**Regular** - There are no diet restrictions for this diet.

**Cardiac / Heart Healthy** - While on this diet, you will be served a combination of the diets Sodium Restricted and Low in fat. Items with a "♥" on this menu are recommended 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. The (#) on this menu will assist in counting and adding grams of carbohydrate for your meal

**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.

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**ENTRÉES**

(Your choice of (1) selection below)

**ENTRÉE SALADS**

**Chicken Caesar Salad** ♥

Grilled Chicken | Parmesan Cheese  
Tomatoes

**Chef Salad**

Turkey | Swiss Cheese | Egg  
Tomatoes | Cucumbers

**CHEF SELECTIONS** ♥

Chicken Parmesan

Roasted Turkey Breast with Gravy

Meatloaf with Brown Gravy

Baked Fish (Herb Crusted or Plain)

Asian Vegetable Stir Fry

(Plain or with Chicken)

**BUILD YOUR OWN SANDWICH**

**Breads:** Multigrain ♥ | Wheat ♥

White | Gluten Free | Rye | Flour Tortilla

**Protein:** Turkey | Ham

Tuna Salad ♥ | Chicken Salad ♥

Egg Salad | Peanut Butter & Jelly ♥

**Cheese:** Swiss ♥ | Cheddar | Pepper Jack

**Toppings:** Lettuce ♥ | Red Onion ♥

Tomato ♥ | Spinach ♥ | Bacon | Dill Pickles

**GRILL/PIZZA**

**Personal Pizza:** Cheese | Pepperoni

Turkey Sausage

Chicken Tenders

**Burger:** Beef | Turkey | Black Bean

**Grilled Sandwich:** Cheese | Ham & Cheese

Grilled Chicken Breast Sandwich ♥

**Bread:** Whole Wheat ♥ | White

Multigrain ♥ | Gluten Free | Rye

**Cheese:** Swiss ♥ | Cheddar | Pepper Jack

**Toppings:** Lettuce ♥ | Red Onion ♥

Tomato ♥ | Spinach ♥ | Bacon | Pickles

**CONDIMENTS**

(Add your condiments and quantity)

Ketchup | Mustard ♥

Low-Fat Mayonnaise ♥

Low-Fat Sour Cream

Barbecue Sauce | Relish

Honey Mustard Sauce

Salsa ♥ | Hot Sauce | Lemon ♥

Herb Seasoning ♥ | Pepper ♥ | Salt

Vinegar ♥ | Oil

**SIDES**

(Your choice of 3 selections below)

**SIDE SALADS** ♥

**Garden Salad**

Mixed Greens | Tomatoes | Cucumbers

**Caesar Salad**

Greens | Parmesan Cheese

Croutons

**Dressings:**

Caesar | Italian ♥ | Ranch | French

Raspberry Vinaigrette ♥

**HOT SIDES**

**Vegetables** ♥:

Corn | Green Beans | Spinach

Carrots | Broccoli

**Starches:**

Homemade Mashed Potatoes ♥

Macaroni & Cheese

Seasoned Red Potatoes ♥

White Rice ♥

Baked Potato Chips ♥ | Popcorn ♥

French Fries

Corn Bread | Dinner Roll Bread

**PASTA**

**Pasta** ♥: Plain | Gluten Free

**Sauces:** Marinara ♥ | Meat Sauce

Alfredo

**COLD SIDES**

Fresh Carrots & Celery Sticks ♥

Cottage Cheese ♥

Assorted Cubed Cheese

**SOUPS**

Chicken Noodle ♥ | Tomato

Vegetable ♥ | Cream of Chicken

Chili Bowl

**BROTHS**

Chicken ♥ | Beef | Vegetable ♥

**FRESH FRUITS** ♥

Apple | Grapes | Pineapple | Banana

Orange | Seasonal Fresh Fruit Cup

**SOFT FRUITS** ♥

Applesauce (Plain | with Cinnamon)

Diced Pears | Peaches

**YOGURT** ♥

Vanilla | Strawberry

Fruit Granola Parfait

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

**DESSERTS**

(Your choice of (1) selection below)

**BAKED DESSERTS**

Angel Food Cake ♥

Apple Crisp ♥

Strawberry Shortcake

Chocolate Brownie

Chocolate Chip Cookie

Cinnamon Apple with Whipped Topping

**PUDDINGS** ♥

Chocolate (Regular/Sugar-Free)

Vanilla (Regular/Sugar-Free)

**GELATINS** ♥

Berry (Regular/Sugar-Free)

Orange

**COLD & FROZEN TREATS**

Ice Cream (Regular/Fat Free)

Orange Sherbet ♥

Popsicles (Regular/Sugar-Free) ♥

Italian Ice ♥ (Lemon/Orange)

High Protein Nutritional Treat

(Vanilla/Chocolate/Orange)

**BEVERAGES**

**JUICE** ♥

Apple | Cranberry

Orange | Prune

**MILK**

1% Low Fat ♥ | Whole

Chocolate | Almond

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

**SODAS**

Lemonade | Raspberry Ice (Sugar Free) ♥

Ginger Ale (Regular/Diet) ♥

Lemon Lime Soda (Regular/Diet) ♥

Cola (Regular/Diet/Caffeine-Free) ♥

Water ♥

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

**BREAKFAST**

**ENTRÉES**

(Your choice of (1) selection below)

Cinnamon French Toast

Pancakes: Buttermilk or Blueberry ♥

**Build Your Own Breakfast Wrap**

**Build Your Own Omelet**

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)

Scrambled Eggs (Regular/Egg Whites ♥)

Hard Boiled Egg (Cage-Free)

Turkey Sausage Link

Turkey Bacon | Pork Bacon

Seasoned Breakfast Potatoes ♥

**Hot Cereals** ♥: Cream of Wheat | Grits

Oatmeal (add Brown Sugar, Cinnamon

or Raisins)

**Cold Cereals** ♥: Cheerios | Cornflakes

Raisin Bran | Rice Krispies

Honey Nut Cheerios®

**BAKERY**

(All breads can be toasted on request)

**Bread:** Multigrain ♥ | Wheat ♥ | White

Gluten Free | English Muffin | Rye | Flour Tortilla

**Bagel:** Whole Wheat ♥ | Plain

Cinnamon Raisin ♥

**Muffins:** Blueberry ♥ | Orange Cranberry

**FRESH FRUITS** ♥

Apple | Orange | Banana | Grapes

Pineapples | Seasonal Fresh Fruit Cup

**SOFT FRUITS** ♥

Applesauce (Plain | with Cinnamon)

Diced Pears | Peaches

**YOGURT** ♥

Vanilla | Strawberry | Fruit Granola Parfait

**CONDIMENTS**

(Add your condiments and quantity)

Pepper ♥ | Herb Seasoning ♥ | Salt

Jelly (Regular/Sugar-Free) ♥

Cream Cheese | Peanut Butter ♥

Butter | Creamer

Sugar ♥ (Brown/White/Sugar Substitute)

Syrup (Regular/Sugar-Free) ♥

Ketchup ♥ | Honey ♥ | Hot Sauce | Salsa ♥

Cinnamon ♥ | Raisins ♥