

## Alternative Selections



### Breakfast

- Parfaits:** Fruit, Granola & Yogurt Parfait | Assorted Yogurts  
**Hot Cereal:** Oatmeal | Cream of Rice | Apple Cinnamon Cream of Wheat  
**Cold Cereal:** Cheerios | Cornflakes | Frosted Flakes | Raisin Bran  
**Entrees:** Scrambled Eggs | Hard Boiled Egg | French Toast | Pancakes  
**Sides:** Bacon | Sausage | Breakfast Potatoes | Cottage Cheese  
**Bakery:** English Muffin | Bagel | Blueberry Muffin  
**Toast:** White | Wheat | Rye | Cinnamon Raisin  
**Fruit:** Fresh Fruit Cup | Apple | Banana | Orange | Applesauce  
 Peaches | Pears | Stewed Prunes



### Lunch & Dinner

- Soup:** Minestrone | Chicken Noodle | Tomato Basil Bisque  
**Salads:** Chicken Caesar Salad | Caprese Salad  
 Hummus with Pita Chips  
**Salad Dressings:** Ranch | Balsamic Vinaigrette | Italian | Oil and Vinegar  
**Grill:** Hamburger | Turkey Burger | Black Bean Burger  
 Grilled Chicken Sandwich  
 Grilled Cheese | Cheese or Pepperoni Pizza  
**Sandwiches:** Chicken Salad | Tuna Salad | Egg Salad | Turkey  
 Roast Beef | Ham | Peanut Butter & Jelly  
**Cheese:** American, Cheddar, Swiss  
**Bread:** Wheat | White | Wheat Sandwich Thin  
**Toppings:** Lettuce | Tomato | Onion  
**Hot Entrees:** Grilled Chicken Breast  
 Baked Tilapia | Pasta & Marinara Sauce  
**Sides:** Mashed Potatoes | Mashed Sweet Potatoes | Brown Rice  
 White Rice | Red Beans & Rice | Baked French Fries | Dinner Roll  
**Vegetables:** Fresh Broccoli | Steamed Carrots  
 Seasoned Green Beans | Side Salad

### Desserts

- Chocolate Chip Cookie | Oatmeal Raisin Cookie | Sugar Cookie  
**Pudding:** Vanilla | Chocolate  
**Gelatin:** Citrus | Red

### Frozen Treats

- Ice Cream:** Vanilla | Chocolate  
**Italian Ice:** Lemon | Orange  
**Sherbet:** Orange | Lemon Sugar-Free Sorbet



### Beverages

- Coffee:** Regular | Decaf  
**Tea:** Iced | Hot | Decaf | Regular  
 Hot Chocolate: Regular | Sugar-Free  
**Juice:** Apple | Cranberry | Grape | Orange | Prune  
**Milk:** Skim | Whole | Vanilla Soy | Almond | Lactaid  
**Soft Drinks:** Ginger Ale | Diet Ginger Ale  
 Cola | Diet Cola | Water

### Condiments

- Salt | Pepper | Herb Seasoning | Lemon Wedge | Lemon Packet  
 Parmesan Cheese Packets | Honey | Raisins | Cinnamon  
 Brown Sugar | Mayo | Mustard | Ketchup

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Your diet, like medication is an important part of your treatment and may speed up your recovery. If you have questions regarding your diet, your Registered Dietitian is available to assist you.

**REGULAR:** No diet restrictions.

#### HEART HEALTHY / LOW SODIUM:

Foods are prepared without salt and include fresh fruits/vegetables, lean meats and whole grains. Salt packets and added fats like margarine, gravy, and salad dressing are limited.

#### 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.

**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.

**MECHANICALLY ALTERED:** Foods are either easy to chew, soft and bite sized, minced and moist or pureed to help aid in chewing and/or swallowing.

### FULL LIQUID MENU + CLEAR LIQUID MENU

#### JUICES

Apple | Grape  
 Cranberry | Orange  
 Tomato | Prune

#### CEREALS

Grits | Cream of Wheat

#### DESSERTS

**Pudding:**  
 Vanilla | Chocolate  
 Sugar-Free Vanilla  
 Sugar-Free Chocolate  
**Ice Cream:**  
 Vanilla | Chocolate  
 Italian Ice | Popsicles  
 Sherbet  
**Gelatin:**  
 Regular | Sugar-Free

#### BROTHS

Chicken | Beef  
 Vegetable

#### STRAINED SOUP

Tomato  
 Chicken Noodle

#### HOT BEVERAGES

Fresh Brewed Coffee  
 Regular Tea  
 Decaffeinated Tea

#### COLD BEVERAGES

Iced Tea | Ginger Ale  
 Diet Ginger Ale  
 Cola | Diet Cola

#### JUICES

Apple | Grape | Cranberry

#### BROTHS

Chicken | Beef | Vegetable

#### GELATIN

Regular | Sugar-Free

#### HOT BEVERAGES

Fresh Brewed Coffee  
 Regular Tea | Decaffeinated Tea

#### COLD BEVERAGES

Iced Tea | Ginger Ale  
 Diet Ginger Ale

#### ITALIAN ICE | POPSICLES



## We Believe in The Power of Food Menu

**TO PLACE YOUR ORDER:**  
 A Hospitality Associate will visit you  
 daily before your meals to take your order.

For any questions or concerns  
 please call extension  
 36631 (FOOD1)  
 between 7:00 am and 7:00 pm

Family members who would like to order  
 a meal on behalf of the patient can  
 call (845) 483-6631 between 7:00am-7:00pm.

Our menu features daily Chef Specials  
 as well as comforting Alternative Selections items.  
 Our skilled chefs prepare each meal using the  
 freshest ingredients tailored to your prescribed diet.

### 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."



# We Believe in The Power of Food

## Sunday

### Breakfast

French Toast  
Scrambled Eggs  
Oatmeal  
Fresh Fruit Cup

### Lunch

Beef Pot Roast  
with Gravy  
Maple Roasted  
Butternut Squash  
Collard Greens  
Apple Crisp

### Dinner

Turkey Bolognese with  
Whole Wheat Penne  
Zucchini, Yellow Squash  
and Red Peppers  
Mandarin Oranges  
Strawberry Shortcake

#### Alternative:

**Grilled Chicken Caesar Salad**  
Romaine Lettuce | Grilled Chicken  
Parmesan Cheese  
Croutons

## Wednesday

### Breakfast

French Toast  
Scrambled Eggs  
Oatmeal  
Vanilla Yogurt  
Fruit Cup

### Lunch

Roasted Pork Loin  
Garlic and Herb  
Potatoes  
Balsamic Roasted  
Brussel Sprouts  
Vanilla Ice Cream

### Dinner

Honey Mustard Chicken  
Breast  
Mashed Sweet Potatoes  
Seasoned Green Beans  
Apple Crisp

#### Alternative:

**Caprese Salad**  
Mixed Greens | Mozzarella  
Tomato | Red Onion  
Basil | Croutons

## Monday

### Breakfast

Pancakes  
Scrambled Eggs  
Vanilla Yogurt  
Oatmeal  
Mandarin Oranges

### Lunch

Chicken Marsala  
Mashed Potatoes  
Carrots  
Lemon Meringue Pie

### Dinner

Meatloaf with Gravy  
Mashed Sweet Potatoes  
Green Beans  
Chocolate Chip Cookies

#### Alternative:

**Bistro Turkey Sandwich**  
Turkey | Swiss Cheese  
Whole Wheat Bread  
Lettuce | Tomato | Mayo

## Thursday

### Breakfast

Breakfast Skillet  
Sausage Links  
Oatmeal  
Mandarin Oranges

### Lunch

Tomato Basil Chicken  
Herbed Noodles with  
Marinara Sauce  
Green Salad with  
Ranch Dressing  
Oranges Dreamsicle  
Delight

### Dinner

Lasagna Roll Up  
Steamed Broccoli  
Dinner Roll  
Fresh Fruit Cup

#### Alternative:

**Grilled Chicken Caesar Salad**  
Romaine Lettuce  
Grilled Chicken  
Parmesan Cheese  
Croutons

## Tuesday

### Breakfast

Scrambled Eggs  
Pico de Gallo  
Breakfast Potatoes  
Oatmeal  
Banana

### Lunch

Baked Tilapia  
Brown Rice  
Sautéed Fresh Spinach  
Banana Parfait

### Dinner

Tri-Color Cheese Tortellini  
with Marinara Sauce  
Steamed Broccoli  
Fresh Fruit Cup  
Orange Dreamsicle Delight

#### Alternative:

**Candlewood Salad with Walnuts**  
Mixed Greens | Pears  
Walnuts  
Blue Cheese

## Friday

### Breakfast

Denver  
Scrambled Eggs  
Buttermilk Biscuit  
Oatmeal  
Banana

### Lunch

Smoked Paprika  
Crusted Salmon  
Mashed Potatoes  
Seasoned Green  
Beans  
Chocolate Chip  
Cookies

### Dinner

Asian Beef Pepper Steak  
Brown Rice  
Zucchini, Yellow Squash,  
& Red Pepper  
Strawberry Shortcake

#### Alternative:

**Grilled Chicken  
Sandwich**  
Grilled Chicken  
Hamburger Bun  
Lettuce | Tomato | Mayo

## Saturday

### Breakfast

Pancakes  
Scrambled Eggs  
Oatmeal  
Fruit Cup

### Lunch

Rotisserie Chicken  
Macaroni & Cheese  
Steamed Carrots  
Chocolate Ice Cream

### Dinner

Apricot BBQ Pork Chip  
Mashed Sweet Potatoes  
Seasoned Green Beans  
Lemon Meringue Pie

#### Alternative:

**Chicken Salad on Wheat**  
Chicken Salad  
Wheat Bread  
Lettuce | Tomato

