

# Your Choice: Personalize Your Meal

\*Please note: Some menu options are not acceptable for various therapeutic diets.

## Breakfast Options

- Cereals**  
Cream of Rice  
Cream of Wheat

## Lunch and Dinner Options

- Soups**  
Chicken and Rice Soup  
Tomato Soup  
Vegetable Soup

- Beverages**  
Orange Juice  
Apple Juice  
Grape Juice  
Cranberry Juice  
Iced Tea  
Herbal Tea  
Hot Tea (Regular or Decaf)  
Coffee (Regular or Decaf)  
Milk (Dairy and Non-dairy)

- Desserts**  
Ice Cream (Vanilla or Chocolate)  
Pudding (Vanilla or Chocolate)  
Fruit Ice (Cherry, Orange or Lemon)  
Gelatin (Strawberry or Orange)  
Yogurt

\*Additional personal choice options may be available. Your Nutrition Service Team can assist in making selections.

## Your health is our priority.

At CommonSpirit Health, Food and Nutrition Services strives to provide delicious, wholesome & nutritious meals that help to build healthier communities. By delivering culinary excellence, along with evidence-based clinical nutrition care, we are better able to nourish those we serve. Our vision is to optimize the health and wellness of our patients, guests & team members through the delivery of quality meals and excellent clinical nutrition care.

## Our promise.

When you feel sick, few things feel better than a good home cooked meal.

We want to help all our patients, with any condition, feel that comfort of a home cooked meal during their stay with us.

Our menus provide flavorful comfort foods while maintaining a healthy nutritional balance.

**You can receive our standard house menu or build your own.**



# Patient Menu

## Full Liquid Diet

Food and Nutrition Services



To show our care, we have provided some customized menu options for you. Please see the back of the menu.

\*Please note: Depending on your health needs and preferences, your personal menu may vary. Ask a Food and Nutrition Services team member if you have questions about your specific menu.

Call our Food and Nutrition Services office at extension

256279

to share your preferences. If we don't hear from you, we will send you our daily chef selection.

Please call before:

- 5:30 AM for breakfast changes
- 10:30 AM for lunch changes
- 3:30 PM for dinner changes

## Breakfast



**Sunday**  
**Hearty Oatmeal**  
Served with Vanilla Yogurt, and Orange Juice

**Monday**  
**Cream of Wheat**  
Served with Strawberry Yogurt, and Cranberry Juice

**Tuesday**  
**Hearty Oatmeal**  
Served with Vanilla Yogurt, and Orange Juice

**Wednesday**  
**Cream of Wheat**  
Served with Strawberry Yogurt, and Cranberry Juice

**Thursday**  
**Hearty Oatmeal**  
Served with Vanilla Yogurt, and Orange Juice

**Friday**  
**Cream of Wheat**  
Served with Strawberry Yogurt, and Cranberry Juice

**Saturday**  
**Hearty Oatmeal**  
Served with Vanilla Yogurt, and Orange Juice

Served with coffee and milk

## Lunch



**Sunday**  
**Tomato Basil Soup**  
Served with Chocolate Pudding, and Grape Juice

**Monday**  
**Chicken Noodle Soup**  
Served with Chocolate Pudding, and Grape Juice

**Tuesday**  
**Tomato Basil Soup**  
Served with Chocolate Pudding, and Grape Juice

**Wednesday**  
**Chicken Noodle Soup**  
Served with Chocolate Pudding, and Grape Juice

**Thursday**  
**Tomato Basil Soup**  
Served with Chocolate Pudding, and Grape Juice

**Friday**  
**Chicken Noodle Soup**  
Served with Chocolate Pudding, and Grape Juice

**Saturday**  
**Tomato Basil Soup**  
Served with Chocolate Pudding, and Grape Juice

Served with iced or hot tea and milk  
Soups are served pureed / strained

## Dinner



**Sunday**  
**Butternut Squash and Apple Soup**  
Served with Vanilla Pudding, and Cranberry Juice

**Monday**  
**Vegan Vegetable Soup**  
Served with Vanilla Pudding, and Cranberry Juice

**Tuesday**  
**Butternut Squash and Apple Soup**  
Served with Vanilla Pudding, and Cranberry Juice

**Wednesday**  
**Lentil Vegetarian Soup**  
Served with Vanilla Pudding, and Cranberry Juice

**Thursday**  
**Butternut Squash and Apple Soup**  
Served with Vanilla Pudding, and Cranberry Juice

**Friday**  
**Vegan Vegetable Soup**  
Served with Vanilla Pudding, and Cranberry Juice

**Saturday**  
**Butternut Squash and Apple Soup**  
Served with Vanilla Pudding, and Cranberry Juice

Served with iced or hot tea and milk  
Soups are served pureed / strained