

LIQUID DIETS

CLEAR LIQUID MENU

Broths

Beef | Chicken | Vegetable

Juices

Apple | Cranberry

Cold Beverages

Iced Tea: Unsweetened | Sweetened
Lemonade Light | Bottled Water
Sprite | Sprite Zero

Hot Beverages

Coffee: Regular | Decaffeinated
Assorted Hot Teas

Desserts

Italian Ice | Popsicles
Assorted Red Jell-O
Sugar-Free Assorted Citrus Jell-O

FULL LIQUID MENU

Includes all Clear Liquid Diet items
Plus the following:

Soup

Tomato | Cream of Chicken

Hot Cereals

Grits | Cream of Wheat

Juices

Grape | Orange | Prune | V-8

Milk

Skim | 2% | Whole | Chocolate | Almond Milk

Cold Beverages

Coke | Diet Coke | Barq's Rootbeer

Desserts

Ice Cream: Vanilla | Chocolate
Orange Sherbet
Pudding: Vanilla | Chocolate
Sugar-Free Pudding: Vanilla | Chocolate

PUREED DIET

Breakfast

Waffle | Omelet | Pork Sausage
Cream of Wheat

Entrée

Pork | Roasted Turkey
Fish | Chicken | Roast Beef
Meat Spaghetti | Cheese Pizza

Sides

Green Beans | Broccoli | Carrots
Sweet Corn | Sweet Peas | Rice
Mashed Potatoes | Macaroni & Cheese

Desserts

Applesauce
Peaches | Pears
Mixed Berries | Pineapples
Yogurt: Vanilla | Strawberry
Pudding: Vanilla | Chocolate



TO CONTACT YOUR HOSPITALITY ASSISTANT

Please call

between 7:00 am and 6:45 pm

MENU



Terrebonne GENERAL HEALTH SYSTEM

TO PLACE
YOUR ORDER:

**A Hospitality Assistant will
visit you before your meals
to take your order.**

Our menu features daily Chef Specials as well as comforting "Alternative Options." Our skilled Chefs prepare each meal using the freshest ingredients tailored to your prescribed diet. We have additional seasonings available that you can request to suit your personal taste. If you have questions about your diet, a Registered Dietitian is available to assist you.

Guest Trays

During your stay you may have visitors who wish to take advantage of our guest tray services. Visitors purchasing a guest tray will receive the Daily Chef Specials found on this menu at a minimal fee. Ask your Hospitality Assistant for more information.

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 through your stay.

- Regular** - There are no diet restrictions for this diet.
 - Low Sodium (2000mg)** - 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.
 - Cardiac / Heart Healthy** - You will be served fresh fruits and vegetables, lean meats, low fat salad dressings and low fat dairy products.
 - Consistent Carbohydrate / Diabetic** - 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.
 - Renal** - While on this diet, your meals may limit one or more of the following: Fluids, Protein - found in eggs, meat, beans 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.
 - Bland / Gastrointestinal Soft** - While on this diet, you will not be served foods that may cause gas, such as broccoli, cauliflower, cabbage, onion and garlic. You may also be limited in the fat content, fiber content, and certain spices. 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.
- *Heart Healthy or Cardiac diets can include the combination of the Low Cholesterol / Low Fat and Sodium Restricted diets. Cardiac diets may also limit caffeine intake.



BREAKFAST

A LA CARTE

Pick any 3 from below

Deluxe Breakfast

- *Scrambled Cheese Eggs | *Boiled Eggs
Scrambled Egg Substitute | *Bacon
- *Pork Sausage Patty | Turkey Sausage Links
*French Toast | *Pancake
*Breakfast Potatoes
- *Biscuit | White/Wheat Toast
Grits | Oatmeal

Continental Breakfast

- *Muffin: Blueberry | Banana Nut
*Orange Wedges | Banana
- *Fresh Fruit Cup | Applesauce
- *Yogurt: Vanilla | Strawberry

Cereals

- Special K | Corn Flakes
*Cheerios | Rice Krispies
- *Total Raisin Bran | *Frosted Flakes
- *Honey Nut Cheerios | *Fruit Loops

Condiments

- *Jelly | Diet Jelly
- *Syrup | Sugar-Free Syrup
Margarine

BEVERAGES

Juice

- Apple | Cranberry
Grape | *Orange | *Prune | *V-8

*Milk

- Skim | 2% | Whole | Chocolate | Almond Milk

Cold Beverages

- Iced Tea: Unsweetened | Sweetened
Lemonade Light | Bottled Water
Sprite | Sprite Zero
- Coke | Diet Coke | Barq's Rootbeer

Hot Beverages

- Coffee: *Regular | Decaffeinated
Assorted Hot Teas
*Hot Cocoa

*Some options may be restricted or require texture modifications due to your prescribed diet or food allergies. Your hospitality assistant will assist you with choices based on the diet ordered by your physician

•Substitutions for restricted food items



LUNCH

SUNDAY

Home-Style Meatloaf with Gravy

- *Mashed Potatoes | •Rice
Glazed Carrots
Dinner Roll

MONDAY

*Smoked Sausage

- Garlic Herb Roasted Pork
- *Red Beans over Rice | •Rice with Gravy
*Side Garden Salad | •Cucumbers
*Corn Muffin | •Dinner Roll

TUESDAY

Home-Style Beef Stew

- with Carrots, & Green Beans
over Rice
- *Side Garden Salad | •Cucumbers
Dinner Roll

WEDNESDAY

*Southern-Style Fried Chicken Quarter

- Rosemary Roasted Chicken
- *Macaroni & Cheese | •Buttered Noodles
*Fresh Steamed Broccoli | •Seasoned Carrots
Dinner Roll

THURSDAY

Salisbury Steak with Gravy

- *Mashed Potatoes | •Rice
Seasoned Green Beans
Dinner Roll

FRIDAY

*Southern-Style Fried Catfish

- Oven Roasted Catfish
- *White Beans over Rice
•Mashed Potatoes | •Corn
- *Mustard Greens | •Seasoned Carrots
Dinner Roll

SATURDAY

*Italian Meatballs over Spaghetti •Roasted Pesto Chicken over Spaghetti

- Seasoned Green Beans
Dinner Roll

Vegetarian & Vegan meals available upon request

DINNER

SUNDAY

Rosemary Roasted Chicken

- Green Peas
- *Fresh Steamed Cauliflower | •Yellow Squash
Dinner Roll
- *Orange Wedges | •Pears

MONDAY

Oven Roasted Catfish

- *Herbed Rice Pilaf | •Mashed Potatoes
Sautéed Zucchini, Yellow Squash
& *Red Peppers Blend | •Roasted Zucchini
Dinner Roll
- *Apple Cobbler | •Vanilla Pudding

TUESDAY

Roasted Turkey

- Cornbread Dressing
Seasoned Green Beans
Dinner Roll
- *Blueberry Cobbler | •Blueberries

WEDNESDAY

Roast Beef & Gravy

- *Garlic Mashed Potatoes | •Rice
*Carrot, Squash,
*Broccoli & Mushroom Medley
•Carrots & Yellow Squash
Dinner Roll
- *Cookies & Cream Mousse | •Fruit Cocktail

THURSDAY

Sesame Chicken

- Stir Fried Vegetables & Rice
*Peach Crisp | •Peaches

FRIDAY

Grilled Shrimp

- Garlic Orzo
Green Beans & Carrot Blend
Dinner Roll
- *Fresh Fruit Cup | •Jell-O

SATURDAY

Pulled Pork

- *Mashed Maple Sweet Potatoes
- *Roasted Asparagus | •Seasoned Green Beans
*Oatmeal Raisin Cookie | •Sugar Cookie

Condiments available upon request

ALTERNATIVE OPTIONS

LUNCH & DINNER

*Soup

- Cream of Chicken
Chicken Noodle | Tomato | Vegetable
Low Sodium: Chicken Noodle | Tomato | Vegetable

*Soup of the Day

- Sunday - Corn Chowder
- Monday - Chicken & Sausage Gumbo
- Tuesday - Baked Stuffed Potato
- Wednesday - Broccoli & Cheese
- Thursday - Minestrone
- Friday - Shrimp & Okra Gumbo
- Saturday - Chicken Noodle

Entrées

- Oven Roasted Catfish
Rosemary Roasted Chicken
*Chicken Tenders
- *Pizza: Pepperoni | Cheese

Build your own Sandwich

- *Peanut Butter & Jelly: Strawberry | Grape
*Grilled Cheese
Hamburger | Deli Turkey | *Deli Ham
Tuna Salad | Egg Salad | Chicken Salad

- Breads:** White Sliced | Wheat Sliced
Wheat Sandwich Thin | Gluten Free Bun

Toppings: Lettuce | Tomatoes | Pickles | Onions

- *Sliced Cheese: American | Cheddar,
Swiss | Pepper Jack

Build your own Side/Entrée Salads

- Protein:** Deli Turkey | *Deli Ham
Grilled Chicken Breast
- Lettuce Toppings:** Cucumbers | Red Onions
Carrots | *Eggs | Croutons
- *Shredded Cheese: Cheddar | Parmesan

Sides

- *Baked French Fries
*Mashed Potatoes | Gravy
Green Beans | Carrots

Desserts

- Peaches | Pears | Fruit Cocktail | Applesauce
- *Fresh Fruit Cup | *Grapes | *Pineapples
- *Ice Cream: Vanilla | Chocolate
- Italian Ice | Popsicles | Orange Sherbet
*Assorted Red Jell-O
- Sugar-Free Assorted Citrus Jell-O
*Pudding: Vanilla | Chocolate
- *Sugar-Free Pudding: Vanilla | Chocolate