

## LIQUID DIETS

### ♥▲ CLEAR LIQUID MENU

<b>Juices</b> Apple Cranberry Diet Cranberry	<b>Hot Beverages</b> Fresh Brewed Coffee Decaffeinated Coffee Fresh Brewed Tea Decaffeinated Tea
<b>Broths</b> Beef Chicken Vegetable	<b>Cold Beverages</b> Iced Tea Ginger Ale Diet Ginger Ale Lemon Lime Diet Lemon Lime
<b>Gelatin</b> Regular Sugar-Free	<b>Italian Ice Popsicles</b> Regular Sugar-Free

### FULL LIQUID MENU

<b>♥ Juices</b> ▲ Apple   Orange   Prune ▲ Cranberry   ▲ Diet Cranberry Low Sodium V8
<b>♥ Cereals</b> ▲ Cream of Wheat ▲ Apple Cinnamon Cream of Wheat
<b>♥▲ Broths</b> Beef   Chicken   Vegetable
<b>Soup</b> ♥ Cream of Tomato Cream of Mushroom
<b>Desserts</b> <b> pudding:</b> Vanilla   Sugar-Free Vanilla ♥ Chocolate   ♥ Sugar-Free Chocolate
<b>Ice Cream:</b> Vanilla   ♥ Sugar-Free Vanilla Chocolate   Strawberry ♥▲ Popsicles : Regular   Sugar-Free ♥▲ Sherbet   ♥▲ Italian Ice
<b>▲ Gelatin:</b> Regular   ♥ Sugar-Free
<b>♥▲ Hot Beverages</b> Fresh Brewed Coffee: Decaf   Regular Fresh Brewed Tea: Decaf   Regular Hot Chocolate: Regular   Sugar-Free
<b>Cold Beverages</b> ♥ Iced Tea ♥▲ Ginger Ale   ♥▲ Diet Ginger Ale Milk: ♥ Skim   ♥ 2%   Whole ♥ Almond ♥ Lactose-free

TO PLACE YOUR ORDER:

PLEASE CALL

**456-3663**

BETWEEN  
7 a.m.-7 p.m.

A Nutrition Operator will guide you through the ordering process. Our skilled Chefs will prepare your 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."



## ROOM SERVICE

## UCI Health

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Spanish menu available.  
Menú español disponible.

## 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.

**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.

**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.

\*Heart Healthy or Cardiac diets can include the combination of the Low-Cholesterol / Low-Fat and Sodium Restricted diets.

Green text indicates Lacto-Ovo Vegetarian Options

♥ Indicates may be Suitable for Cardiac Diets

▲ Indicates may be Suitable for Renal Diets

**Carbohydrate choices are indicated after menu items**

**SOUPS**

- ♥▲ Chicken & Rice Soup 1 CHO
- ♥▲ Vegetable Rice Soup 0.5 CHO
- ♥ Chicken Noodle Soup 0.5 CHO
- ♥ Cream of Tomato Soup 1 CHO
- Green Cream of Mushroom Soup 0.5 CHO

**LIGHT FARE & GRILL**

- ♥ Caesar Salad 1 CHO (Chicken optional)
- ♥ Market Green Entrée Salad 0.5 CHO (Choice of Protein)
- ♥ Fresh Fruit Plate 1 CHO
- ♥ Vegetable and Hummus Plate 3 CHO
- ♥▲ Hamburger 3 CHO | ♥ Black Bean Burger 4 CHO
- ♥▲ Grilled Chicken Sandwich 3 CHO
- Grilled Cheese Sandwich 2 CHO
- Quesadilla: Cheese 2.5 CHO, or Chicken 2 CHO

**BUILD YOUR OWN DELI SANDWICH**

**BREAD or BUN:**

- ♥▲ Whole Wheat Bread 1 CHO or
- ♥▲ White Bread 1 CHO
- Sourdough Bread 1.5 CHO
- ♥▲ Flour Tortilla 1.5 CHO
- ♥▲ Corn Tortilla 1 CHO

**PROTEIN:**

- ♥▲ Chicken Salad | ▲ Egg Salad
- ♥▲ Tuna Salad
- Roast Beef | Ham
- ♥▲ Turkey
- Peanut Butter

**TOPPINGS:**

- American Cheese | Cheddar Cheese
- Provolone | ♥ Low Sodium Swiss
- ♥▲ Lettuce | ♥ Tomato
- ♥▲ Red Onion | Pickles

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**ENTRÉES**

- ▲ Pot Roast
- ♥▲ Meatloaf 1 CHO
- ♥▲ Grilled Chicken Breast
- ♥▲ Oven Roasted Turkey
- ♥▲ Baked Fish 0.5 CHO
- ♥▲ Penne Pasta 3 CHO
- Your Choice of Sauce:
- ♥ Turkey Meat Sauce 0.5 CHO
- ♥ Tomato Sauce 0.5 CHO
- Alfredo Sauce
- ▲ Herb Garlic Oil
- Build Your Own Yoshi Bowl**
- ♥▲ Rice 1.5 CHO
- ♥▲ Noodles 1 CHO,
- ♥▲ Vegetable Stir Fry,
- ♥▲ Green Onions
- Meat ▲: ♥ Beef,
- ♥ Chicken, ♥ Tofu
- Sauces: ♥▲ Stir-Fry 0.5 CHO, Teriyaki 1 CHO
- Build Your Own Fiesta Bowl**
- ♥▲ Rice 1.5 CHO, ♥ Black Beans 0.5 CHO,
- ♥▲ Corn 0.5 CHO, ▲ Cheddar Cheese,
- ♥▲ Queso Fresco,
- ♥▲ Green Onions, ♥ Tomato,
- Meat ▲: ♥ Beef, ♥ Chicken, ♥ Tofu
- Sauces: Roasted Tomato Salsa

**SIDES**

- ♥ Mashed Potatoes 1 CHO
- ♥ Mashed Sweet Potatoes 2 CHO
- ♥▲ Brown Rice 1.5 CHO
- ♥▲ White Rice 1.5 CHO
- Black Beans 1 CHO
- Macaroni & Cheese 1.5 CHO
- ♥ Roasted Potato Wedges 1 CHO
- ♥▲ Seasoned Green Beans
- ♥▲ Steamed Broccoli
- ♥▲ Sautéed Zucchini
- ♥ Roasted Carrots 0.5 CHO
- ♥▲ Whole Kernel Corn 1 CHO
- Cottage Cheese
- ♥▲ Caesar Side Salad 0.5 CHO
- ♥▲ Side Salad
- ♥▲ Cucumbers
- ♥▲ Carrots or ♥▲ Celery Sticks
- Regular Chips 1.5 CHO or
- ♥ Baked Potato Chips 1.5 CHO
- ♥▲ Dinner Roll 1-1.5 CHO

**SALAD DRESSINGS**

- 1000 Island 0.5 CHO | Ranch
- Caesar | ♥▲ Italian
- Balsamic Vinaigrette
- ♥▲ Fat Free Ranch 1 CHO

**DESSERTS**

- ♥ Brownie 2 CHO
- ♥▲ Strawberry Shortcake Parfait 1.5 CHO
- ♥▲ Angel Food Cake 2 CHO
- Citrus Mousse 1 CHO
- ♥▲ Applesauce with Cinnamon 1 CHO
- Cookies: Chocolate Chip 1 CHO | ♥▲ Sugar 1 CHO
- ♥▲ Assorted Fruit: Fresh or Canned 1-2 CHO
- ▲ Gelatin
- Regular 1 CHO | ♥ Sugar-Free
- Pudding**
- ♥ Chocolate or Vanilla
- ♥ Sugar-Free Chocolate 1 CHO or
- Sugar-Free Vanilla 1 CHO
- Frozen Treats**
- Ice Cream:**
- Vanilla | Chocolate
- Strawberry
- ♥ Sugar-Free Vanilla 1 CHO
- ♥▲ Sherbet | ♥▲ Italian Ice
- ♥▲ Popsicles:
- Regular | Sugar-Free

**BEVERAGES**

- ♥▲ Coffee :
- Regular | Decaf
- ♥▲ Tea :
- Iced | Hot | Decaf | Regular
- ♥ Hot Chocolate:
- Regular 1 CHO | Sugar-Free
- ♥ Juice:
- ▲ Apple 1 CHO | ▲ Cranberry 1 CHO
- ▲ Diet Cranberry
- Low Sodium V8 0.5 CHO
- Orange 1 CHO | Prune 1 CHO
- Milk:**
- ♥ Skim 1 CHO | ♥▲ 2% 1 CHO | Whole 1 CHO
- ♥ 1% Chocolate 2 CHO
- ♥▲ Almond 1 CHO
- ♥▲ Lactose-free 1 CHO

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**CEREAL & YOGURT**

- Fruit, Granola & Yogurt Parfait 1.5 CHO
- Assorted Yogurt 1-2 CHO
- Fat-Free Plain Greek Yogurt 0.5 CHO
- ▲ Oatmeal 1 CHO | ▲ Cream of Wheat 1 CHO
- ▲ Brown Sugar 1 CHO & Raisins 2 CHO
- ▲ Apple Cinnamon Cream of Wheat 2 CHO
- Whole Grain Cheerios 1.5 CHO
- ▲ Cornflakes 1 CHO | ▲ Frosted Flakes 1.5 CHO
- ▲ Rice Krispies 1 CHO
- Raisin Bran 2 CHO

**BREAKFAST ENTRÉES**

- Scrambled Eggs
- ♥ Low Cholesterol Eggs
- ♥ Egg Whites | Hard Boiled Eggs
- ♥ French Toast with Cinnamon 1 CHO
- ♥ Pancakes: Plain 1 CHO | Blueberry 1 CHO

**BUILD YOUR OWN OMELET OR SCRAMBLE**

Your Choice of:

- ▲ Whole Eggs | ♥▲ Egg White
- ♥▲ Low Cholesterol Egg
- ♥▲ Tofu Scramble
- Bacon | Sausage
- ♥▲ Broccoli | ♥▲ Mushroom
- ♥ Spinach | ♥ Tomato
- ♥ Potatoes 1 CHO | ♥▲ Green Pepper
- ♥▲ Green Onion
- ♥▲ Tortilla: Corn 1 CHO | Flour 1.5 CHO
- Cheese: American | ▲ Cheddar
- Low Sodium Swiss
- ♥▲ Crumbled Queso Fresco

**BREAKFAST SIDES**

- ♥ Turkey Sausage | Pork Sausage
- Vegetarian Sausage
- Pork Bacon
- ♥ Sautéed Breakfast Potatoes 1.5 CHO

**BAKERY**

- ♥▲ English Muffin 1.5 CHO
- ▲ Blueberry Muffin 1 CHO
- ♥▲ Bagel 2.5 CHO | Biscuit 1.5 CHO

**FRUIT**

- Fresh Fruit Cup 0.5 CHO | ▲ Fresh Pineapple 1 CHO
- Mixed Melon 0.5 CHO | ▲ Mandarin Oranges 1 CHO
- ▲ Grapes 1 CHO | ▲ Diced Peaches 1 CHO
- ▲ Diced Pears 1 CHO
- ▲ Applesauce with Cinnamon 1 CHO
- ▲ Apple 1 CHO | Banana 2 CHO | Orange 1 CHO

Some foods may not be appropriate based on your diet or food allergies.