

LIQUID DIETS

CLEAR LIQUID MENU

Juices Apple Cranberry	Cold Beverages Ginger Ale Diet Ginger Ale
Broths Beef Chicken Vegetable 	Italian Ice Popsicles Gelatin Regular I Sugar-Free

FULL LIQUID MENU

Juices Apple I Cranberry I Orange
Cereals Grits Cream of Wheat
Broths Beef I Chicken I Vegetable 
Soup Cream of Tomato Cream of Chicken
Desserts Pudding: Vanilla I Sugar-Free Vanilla Chocolate I Sugar-Free Chocolate Ice Cream: Vanilla I Sugar-Free Vanilla Chocolate I Sugar-Free Chocolate Italian Ice Popsicles Gelatin: Regular Sugar-Free Yogurt Raspberry I Peach I Strawberry Strawberry-Banana I Yogurt Parfait Light Vanilla
Cold Beverages Ginger Ale I Diet Ginger Ale Water

We now offer Halal



TO PLACE YOUR ORDER:

1. Dial 1234 from your bedside phone between 7 am and 7 pm. Your family may call from outside the hospital at 202-476-1234 to order a meal for you.
2. Our Nutrition Operators will confirm your name, room number, last four digits of your medical record number, diet order, and any food allergies/preferences you may have.
3. Your meal is prepared and delivered within 45 minutes by our wait staff.



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



Children's National

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3. Your meal is prepared and delivered within 45 minutes by our wait staff.

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.



DAILY CHEF SPECIALS FOR LUNCH & DINNER

Sunday

Broccoli Chicken Alfredo with Noodles

Monday

Cheese Ravioli with Meat Sauce
Green Beans

Tuesday

Crispy Ranch Chicken
with Steamed Carrots, Roasted Potatoes

Wednesday

Sloppy Joe with Smiley Faces
Veggie Medley

Thursday

Rotisserie Chicken with Zucchini,
Mashed Potatoes, Vegetable Blend

Friday

Fish Sticks,
Mac and Cheese, Spinach

Saturday

Chicken Parmesan,
Whole Wheat Penne, Broccoli Florets

GRILL

Quesadilla

Chicken | Cheese | Veggie

Pizza

Pepperoni | Cheese | Veggie Pizza

Hamburger

Turkey Burger

Black bean Burger

Chicken Tenders

Dino Nuggets

ENTRÉE SALADS

Chicken Caesar Salad

Chef Salad

Veg Chef salad

Vegan Caesar

We now offer Halal

ENTRÉES

(available all day)

Grilled Chicken

Tilapia | Grilled Cheese

Spaghetti

Marinara | Meatball | Plain | Alfredo

Stir Fry with Chicken or Tofu

Ground Turkey Soft Taco (2)

Dal Maharani

Mac and Cheese

MAKE YOUR OWN SANDWICH

Turkey Breast | Ham | Roast Beef

Chicken Salad | Tuna Salad

Peanut Butter and Jelly

Apple & Peanut Butter Wrap

Veggie Sub

Bread: Whole Grain, White, Wheat or
White Sub Roll, Wheat or White Kaiser Roll

Cheese: American, Pepper Jack, Cheddar,
Provolone, Swiss

Toppings: Lettuce, Tomato, Pickle, Onion

SIDES

Vegetables: Green Beans,
Vegetable Medley, Garden Salad,
Steamed Carrots, Steamed Broccoli, Corn

Fruits: Fresh: Apple, Orange, Banana,
Grapes, and Fruit Cup

Packaged: Diced Pears, Diced Peaches,
and Applesauce

Starches: White Rice, Whipped Potatoes,
Smiley Fries, Black Beans,
Mac and Cheese

Veggies: Garden Salad, Green Beans,
Carrots, Broccoli, Corn, Vegetable Medley,
Spinach

Broths: Chicken, Beef, or Vegetable

Soups: Chicken Noodle, Garden Veggie,
Broccoli Cheddar Soup

CONDIMENTS/EXTRAS

Ketchup | Mustard | Honey Mustard

Barbecue Sauce | Sour Cream

Mayonnaise | Relish | Salsa

Parmesan Cheese | Peanut Butter

Salt | Pepper

Salad dressings:

Caesar | French | Italian | Ranch

DESSERTS

FROM THE FREEZER:

Chocolate Ice Cream

Vanilla Ice Cream

Popsicle (grape, cherry, orange)

Italian Ice

FROM THE REFRIGERATOR:

Pudding

Vanilla | Sugar-Free Vanilla

Chocolate | Sugar-Free Chocolate

Gelatin

Sugar-Free Gelatin

FROM THE PANTRY:

Chocolate Chip Cookies

Shortbread Cookies | Teddy Grahams

SNACKS

Carrot and Celery Sticks

Hummus

Graham Crackers

Saltine Crackers

Goldfish Crackers

Baked Potato Chips: Original, Barbecue,

Sour Cream and Onion

Pretzels

Cheese and Grapes

BEVERAGES

Juice:

Apple | Cranberry | Orange

Milk:

Whole | Skim | 2% | Soy | Almond

Rice | Low-Fat Chocolate | Lactose-Free

Smoothie

Mixed Berry

Cold Beverages

Water

Ginger Ale | Diet Ginger Ale

BREAKFAST

(available all day)

ENTRÉES

Pancakes

Cinnamon French Toast

Eggs to Order: (Egg Whites Available):

Scrambled (with or without cheese)

Hard Boiled Egg

Create Your Own Omelet:

Spinach, Mushrooms, Tomatoes, Green Bell

Peppers, Onions, Ham, Bacon,

Cheddar Cheese

Build Your Own Breakfast Sandwich:

your choice of Scrambled Eggs

or Egg Whites

with Turkey Bacon, Bacon,

or Turkey Sausage with American,

Pepper Jack, Cheddar, Swiss,

or Provolone Cheese on an

Honey Wheat English Muffin,

White, Wheat or Whole Grain Toast

SIDES

Turkey Bacon | Bacon

Turkey Sausage Patty | Hash Brown Patty

Hot Cereals: Grits, Cream of Wheat,
Oatmeal

Cold Cereals: Cheerios, Cornflakes,
Rice Krispies, Rice Chex,
Granola with Raisins

BAKE SHOPPE

Mini Bagel

Honey Wheat English Muffin

Toast: White, Wheat or Whole Grain

Muffins: Blueberry or Corn

YOGURTS

Raspberry, Peach, Strawberry,

Strawberry-Banana, Yogurt Parfait

Light Vanilla | Light Blueberry

CONDIMENTS/EXTRAS

Butter | Margarine | Regular Cream Cheese

Strawberry Jam | Grape Jelly

Reduced Sugar Strawberry Spread

Reduced Sugar Grape Spread

Peanut Butter | Honey

Syrup | Sugar Free Syrup

Brown Sugar | Raisins

