LIQUID DIETS

CLEAR LIQUID MENU

Juices
Apple I Cranberry I Grape

Broths
Beef I Chicken I Vegetable

Gelatin:
Regular I Sugar-Free

Italian Ice I Popsicles

Hot Beverages
Decaf Coffee
Decaf Tea

Cold Beverages
Iced Tea
Ginger Ale
Diet Ginger Ale
Cola I Diet Cola

FULL LIQUID MENU

Juices
Apple I Cranberry I Grape
Orange I Prune I Tomato

Cereals
Grits I Cream of Wheat

Broths
Beef I Chicken I Vegetable

Soup
Cream of Tomato I Cream of Chicken

Desserts
Pudding:
Vanilla I Sugar-Free Vanilla
Chocolate I Sugar-Free Chocolate

Ice Cream:
Vanilla I Chocolate

Italian Ice I Popsicles I Sherbet

Gelatin:
Regular I Sugar-Free

Hot Beverages
Coffee:
Decaf I Regular
Tea:
Decaf I Regular

Cold Beverages
Iced Tea
Ginger Ale I Diet Ginger Ale
Cola I Diet Cola

CARILION CLINIC

At Carilion Clinic, we believe that nutritious, enjoyable meals play an important role in healing and recovery. Our patient menu has been thoughtfully designed to offer a variety of flavorful options while supporting your individual nutrition needs.

The menu reflects current evidence-based nutrition recommendations and aligns with the Dietary Guidelines for Americans, emphasizing fruits, vegetables, whole grains, lean proteins, and other nutrient-dense foods. We are committed to providing meals that promote health, support recovery, and enhance your hospital experience.

If you have a special diet, food allergy, or nutrition concern, our healthcare team and registered dietitians are available to help ensure your meals meet your needs.

We are honored to serve you and wish you a comfortable stay and a speedy recovery.

Contact information for Dining & Nutrition Services in your facility can be found by following the QR code link.



TO PLACE YOUR ORDER:

Your Food Services Associate (FSA) will visit or call you daily to get your menu choices

Our goal within Carilion Dining and Nutrition Services is to provide you with delicious food and the very best services possible. Nutrition is critical in the healing process. Each day you have a choice of our hot signature chef's special, cold salad/deli selection, and an alternate hot entrée selection. Other available items are also listed on your menu. We believe any diet can include a variety of foods with balance and moderation.

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 (2300 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.*

☐ **Chronic Kidney Disease (CKD)** - *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.*

☐ **GI Recovery** - *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.*

Allergen Icon List

- *Fish*
- *Peanuts*
- *Shellfish*
- *Milk*
- *Wheat*
- *Eggs*
- *Soybeans*
- *Tree Nuts*
- *Sesame*

BREAKFAST

SUNDAY

Hearty Breakfast Bowl
Scrambled Eggs, Crumble Turkey Sausage. Homestyle Breakfast Potatoes, Pico de Gallo, Shredded Cheddar Monterey Cheese, Greek Yogurt

MONDAY

Southwestern Ham & Cheese Omelet
, Warm Buttermilk Biscuit , Cottage Cheese, Banana

TUESDAY

Classic Breakfast
Scrambled Eggs, Homestyle Breakfast Potatoes, Savory Turkey Sausage, Warm Buttermilk Biscuit , Greek Yogurt

WEDNESDAY

Southern-Style Biscuits & Gravy
, Scrambled Eggs, Cottage Cheese

THURSDAY

Cheddar Cheese Omelet
, Chicken Sausage Patty, Warm Buttermilk Biscuit , Greek Yogurt, Banana

FRIDAY

Open Faced Southern Biscuit
Fried Egg , Breakfast Gravy , Pork Sausage Patty, Warm Buttermilk Biscuit , Cottage Cheese

SATURDAY

French Toast Sticks
, Savory Turkey Sausage, Greek Yogurt, Banana

LUNCH

SUNDAY

Savory Glazed Meatloaf
, Beef Gravy , Creamy Yukon Gold Mashed Potatoes, Seasoned Green Beans, Dinner Roll , Diced Peaches
Or you may prefer:
Grilled Chicken Breast
Soup: *Vegetarian Chili* **Dessert:** *Vanilla Ice Cream*

MONDAY

Comfort-Style Chicken & Dumplings
Capri Blend Vegetables, Garden Salad, Diced Pears
Or you may prefer:
Flame-Broiled Hamburger
Soup: *Broccoli & Cheese*
Dessert: *Snickerdoodle Cookie*

TUESDAY

Smoked Beef Brisket Sandwich
Baked Sweet Potato, Yellow & Zucchini Squash Medley, Garden Salad, Tropical Fruit
Or you may prefer:
Smoked Pulled Pork Sandwich
Soup: *Italian Wedding*
Dessert: *SF Lemon Mousse*

WEDNESDAY

Golden Chicken Cordon Bleu
Creamy Yukon Gold Mashed Potatoes, California Vegetable Medley, Mandarin Oranges
Or you may prefer:
Turkey Burger
Soup: *Hearty Chicken Noodle*
Dessert: *Chocolate Chip Cookie*

THURSDAY

Smoked Sliced Beef Brisket
Baked Macaroni & Cheese, Green Beans, Dinner Roll , Diced Pears
Or you may prefer:
Chipotle Chicken Macaroni & Cheese Bowl
Soup: *Tomato Bisque* **Dessert:** *SF Chocolate Mousse*

FRIDAY

Broccoli & Cheese Stuffed Chicken Breast
Baked Russet Potato, Dinner Roll , Succotash Tropical Fruit
Or you may prefer:
Country Style Steak
Soup: *Vegetarian Chili* **Dessert:** *SF Cheesecake*

SATURDAY

Garden Vegetable Beef Stew Over Rice
Broccoli, Applesauce
Or you may prefer:
Grilled Salmon
Soup: *Hearty Chicken Noodle*
Dessert: *Oatmeal Raisin*

DINNER

SUNDAY

Cheesy Lasagna Rollup
Classic Marinara Sauce, Steamed Broccoli, Garlic Bread , Grapes
Or you may prefer:
Chicken Parmesan
Soup: *Tuscan White Bean Kale*
Dessert: *SF Choc Cheesecake*

MONDAY

Tender Beef Pot Roast
Beef Gravy , Baby Baked Potatoes, Steamed Carrot Coins, Dinner Roll
Or you may prefer:
Broccoli & Cheese Stuffed Chicken Breast
Soup: *Tomato Bisque* **Dessert:** *SF Raspberry Mousse*

TUESDAY

Asian Chicken Stir Fry
Asian Marinated Chicken, Steamed White Rice, Zesty Asian Blend Vegetables, Pineapple Tidbits
Or you may prefer:
Seasoned Grilled Salmon
Soup: *Minestrone* **Dessert:** *Sugar Cookie*

WEDNESDAY

Country Style Steak
Beef Gravy , Steamed Broccoli, Baked Russet Potato, Dinner Roll , Grapes
Or you may prefer:
Grilled Chicken Breast
Soup: *Potato Cheese* **Dessert:** *Orange Sherbet*

THURSDAY

Roasted Sliced Turkey Breast
Tart Apple & Onion Gravy , Creamy Yukon Gold Mashed Potatoes, Capri Vegetable Medley, Diced Peaches
Or you may prefer:
Spiral Baked Ham
Soup: *Garden Vegetable* **Dessert:** *Vanilla Ice Cream*

FRIDAY

Flame-Broiled Hamburger
Garden Salad, Lettuce & Tomato, Pineapple Tidbits
Or you may prefer:
Smoked Pulled Pork Sandwich
Soup: *Broccoli & Cheese*
Dessert: *Chocolate Chip Cookie*

SATURDAY

Grilled Chicken Marsala
Yellow & Zucchini Squash Medley, Homestyle Mashed Potatoes, Dinner Roll , Mandarin Oranges
Or you may prefer:
Smoked Sliced Beef Brisket
Soup: *Potato Cheese* **Dessert:** *Chocolate Ice Cream*

ALWAYS AVAILABLE

BREAKFAST

Cereal & Yogurt
Greek Yogurt I Cottage Cheese
Oatmeal / Grits / Cream of Wheat
Assorted Cold Cereals

Eggs & Meat
Scrambled Eggs I Hard Boiled Eggs
Fried Eggs I Cheese Omelet
Pork Sausage / Turkey Sausage / Bacon

Breads
White / Wheat Toast
Biscuit
French Toast Sticks
Pancakes

Fruit
Apple I Orange I Banana I Grapes
Diced Peaches I Diced Pears
Pineapple Tidbits I Mandarin Oranges
Tropical Fruit I Applesauce

LUNCH & DINNER

Soups
Chicken Noodle I Tomato
Vegetable Beef

Entrées
Hamburger / Veggie Burger / Hot Dog
Cheeseburger / Grilled Cheese
Grilled Chicken I Chicken Nuggets
Chicken Tenders I Salmon
Baked Cod I Tuna Salad
Chicken Salad
Spaghetti & Meatballs
Fettuccini & Marinara Sauce
Pizza: Pepperoni/cheese
Assortment of Cold Sandwiches

Sides
Fresh Fruit I Fruit Cups I Garden Salad
Carrot Coins I Green Beans I Broccoli
Baked Potato I Sweet Potato
Mashed Potatoes I White Rice
Potato Chips I Pretzels I Popcorn

Desserts
Ice Cream :
Vanilla / Chocolate / Strawberry
Sherbet : Orange / Raspberry
Italian Ice: Lemon / Orange
Cookies : Chocolate Chip
Sugar / Snickerdoodle / Oatmeal Raisin

BEVERAGES

Decaf Coffee I Tea: Unsweetened Iced / Hot
Juice: Orange / Apple / Cranberry / Grape / Prune
Hot Chocolate: Regular / SF
Milk : 1% / Whole / Chocolate / Lactose Free
Soy / Almond
Sugar-free Lemonade
Caffeine Free Soft Drinks: Coca Cola /Diet Coke
Sprite / Sprite Zero Ginger Ale / Diet Ginger Ale