

Juices

Apple
(Regular, Honey, Nectar)
Cranberry
(Regular, Honey, Nectar)
Orange
(Regular, Honey, Nectar)
Grape
Tomato
Prune

Cold Beverages

Skim Milk
2% Milk
Whole Milk
Chocolate Milk
Thickened Milk
Honey or Nectar
Iced Tea
Decaf Iced Tea

Hot Beverages

Coffee
Decaf Coffee
Thickened Coffee
Honey or Nectar
Hot Tea
Decaf Hot Tea
Hot Chocolate

Bread Basket

Buttered Whole Wheat Dinner Roll
Buttered White Dinner Roll
Buttered White Bread
Buttered Whole Wheat Bread

Condiments

Butter
Margarine
Peanut Butter
Jelly
Syrup
Honey
Ketchup
Mustard
Mayonnaise
Tartar Sauce
Herb Seasoning
Salt
Pepper
Sugar
Sugar Substitute
Non-Dairy Creamer
Half & Half Creamer
Lemon Juice

Information Regarding Your Chopped Diet

During the course of your hospital stay your diet order may change several times. This can be due to test, surgery or your clinical course of treatment. Diets are ordered by your physician and provided by the Food and Nutrition Services Department. Please be aware that some medications may alter the taste of your food.

The chopped diet is designed for individuals experiencing trouble with swallowing or chewing. This diet contains mechanically altered foods that are easy to chew. Raw foods, except those that are easily mashed, are not included. Liquids may be thickened if your physician prescribes such a diet.

Soft Chopped Diet

Hello! **Grady Memorial Hospital** is committed to your comfort and your complete satisfaction with our food service. As part of this commitment, we provide a complete room service program with this restaurant-style menu. We offer a wide range of hot and cold breakfast items, along with lunch and dinner selections available for your afternoon and evening meals. This menu also reflects the particular dietary restrictions you may be under at your physician's request.

Simply place a call to the number below. We will deliver your meal in 45 minutes or less!

Room Service Hours:

Breakfast: **6:45 a.m. to 6:30 p.m.**

Lunch and Dinner: **11:00 a.m. to 6:30 p.m.**

Call **615-FOOD (3663)** to place your order or if you have any questions for your food and nutrition services representative.



OhioHealth

To Start the Day *Breakfast is available all day*

Fresh Fruit

Applesauce
Fresh Banana
Fruit Cocktail

Bread Basket

Buttered Blueberry Muffin
Buttered White Bread
Buttered Whole Wheat Bread

Hot Cereals

Oatmeal
Cream of Wheat
*(Top your cereal with
Brown Sugar)*

Cold Cereals

Rice Krispies	Rice Chex
Corn Flakes	Total
Cheerios	

Main Courses

Pancakes
Your choice of one or two homemade pancakes
French Toast
Your choice of one or two slices on Whole Wheat or White Bread

Egg Entrées *Heart Healthy Eggs available upon request*

Scrambled Eggs
Hard Boiled Egg
Cheese Omelet: *American Cheese*
Western Omelet:
American Cheese, Green Peppers, Mushrooms, Onions & Ham
Vegetable Omelet:
American Cheese, Green Peppers, Mushrooms & Onions

Sides

Light Blueberry Yogurt	Low Fat Cottage Cheese
Light Strawberry Yogurt	Home Fries
Light Vanilla Yogurt	

Starters

Soup

Tomato Soup
Chicken Noodle Soup
Our hearty version of this soup is served daily

Soup of the Day

Monday: Beef Barley
Tuesday: Cream of Chicken
Wednesday: Beef Noodle
Thursday: Chicken Rice
Friday: Pureed & Strained Vegetable Rice
Saturday: Pureed & Strained Creamy Corn Chowder
Sunday: Pureed & Strained Cream of Broccoli

Signature Sandwiches

All sandwiches are served on your choice of White or Whole Wheat Bread
Condiments available: Ketchup, Mustard & Mayonnaise

Chicken Salad Sandwich
Ham Salad Sandwich
Tuna Salad Sandwich
Turkey Salad Sandwich
Peanut Butter & Jelly Sandwich

Hot Off the Grill

All sandwiches are served on your choice of White or Whole Wheat Bun
Condiments available: Ketchup, Mustard & Mayonnaise

Chopped Open Face Grilled Chicken with Poultry Gravy
Grilled Cheese Sandwich

Home Style Main Fare

Entrée Salads

Soft Fruit Plate with Low Fat Cottage Cheese

Hot Entrées

Baked Tilapia Garden-Style
Chopped Roast Turkey Breast
Chopped Honey Glazed Chicken Breast
Chopped Beef Pot Roast with Beef Gravy
Homemade Meatloaf with Beef Gravy
Ground Beef with Beef Gravy
Chopped Vegetable Lasagna
Penne Pasta *with your choice of Marinara or Meat Sauce*
Classic Macaroni and Cheese
Chopped Hot Open-Face Turkey Sandwich with Gravy
Your choice of White or Whole Wheat Bread
Chopped Hot Open-Face Roast Beef Sandwich with Gravy
Your choice of White or Whole Wheat Bread

Sides

Macaroni & Cheese	Soft Cooked Broccoli
Buttered Pasta	Soft Cooked Carrots
Mashed Potatoes	Soft Cooked Green Beans
Beef Gravy	Soft Cooked Fresh Zucchini
Poultry Gravy	

Desserts

Applesauce	Cherry Fruit Ice
Fresh Banana	Lemon Fruit Ice
Chilled Peaches	Citrus Gelatin
Chilled Pears	Red Gelatin
Fruit Cocktail	Chocolate Pudding
Sugar Cookie	Vanilla Pudding
Chocolate Ice Cream	
Vanilla Ice Cream	

Mechanically Chopped/Soft to Chew Diet