

LIQUID DIETS

CLEAR LIQUID MENU

Juices

Apple (14g)
Cranberry (15g)

Hot Beverages

Fresh Brewed Coffee (1g)
Decaffeinated Coffee (1g)
Fresh Brewed Tea (0g)
Decaffeinated Tea (0g)

Broths

Beef (2g)
Chicken (1g)
Vegetable (6g)

Cold Beverages

Iced Tea (0g)
Ginger Ale (21g)
Diet Ginger Ale (0g)

Gelatin

Regular (17g) | Diet (0g)

Italian Ice (37g)

Popsicles

FULL LIQUID MENU

Juices

Apple (14g) | Cranberry (15g)
Grape (18g) | Orange (13g)
Prune (20g) | Tomato (7g)

Cereals

Cream of Wheat (22g)

Broths

Beef (2g) | Chicken (1g) | Vegetable (6g)

Soup

Cream of Tomato (17g)
Cream of Mushroom (9g)

Desserts

Pudding:

Vanilla (22g) | Sugar-Free Vanilla (11g)
Chocolate (29g) | Sugar-Free Chocolate (14g)

Ice Cream:

Vanilla (14g) | Chocolate (15g)

Italian Ice (23g)

Popsicles | Sherbet (30g)

Gelatin:

Red (17g) | Diet (0g)

Hot Beverages

Fresh Brewed Coffee:
Decaf (0g) | Regular (1g)

Fresh Brewed Tea:
Decaf (0g) | Regular (0g)

Cold Beverages

Iced Tea (0g)
Pepsi Products (21g - 29g)



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."



VISITORS:

If any of your guests wish to enjoy one of our Chef's Specials, please call 315-464-4305 at UH Downtown Campus or 315-492-5062 at UH Community Campus for details in ordering. Choose one item from the menu of the meal period while you are here, the meal will be served with your choice of beverage. Breakfast is from 7:00-9:00 am, Lunch from 11:00 am-1:00pm and Dinner from 4:00-6:00 pm with the cost of \$5.00 per meal. We will make every effort to ensure your guest tray is delivered at the patient meal delivery time for the meal period you have selected. Our goal is to provide a great dining experience for your family, friends and visitors.

MENU



UPSTATE UNIVERSITY HOSPITAL

TO PLACE YOUR ORDER:

A Catering Associate will visit you before your meals to take your order.

Our menu features daily Chef Specials as well as comforting "Always Available" items. 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.

Should you not be in the room when the catering associates comes around and you do not like what you got for your meal, please call us so we can bring you a new tray.
UH Downtown Campus (315) 464-4305
UH Community Campus (315) 492-5056
Patient Services is here to assist you with menu needs from 6:00 - 10:00pm.

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.



BREAKFAST

SUNDAY

Cheese Crepes w/Blueberry Compote (48g)
 Scrambled Eggs (2g)
 Turkey Sausage Patty (1g)
 Oatmeal (27g)
 Fresh Fruit Cup (16g)

MONDAY

Scrambled Eggs (2g)
 Pancakes (33g)
 Turkey Sausage (19g)
 Mandarin Oranges (13g)

TUESDAY

Nitty Gritty Bowl
 Cheese Grits (23g)
 Scrambled Eggs with Scallions (2g)
 Bacon (2g)
 Cheddar Cheese (2g)

WEDNESDAY

Scrambled Eggs (2g)
 Bacon (0g)
 Breakfast Potatoes (18g)
 Diced Peaches (16g)

THURSDAY

Cheese Omelet (3g)
 Breakfast Potatoes (18g)
 Bacon (0g)
 Pico de gallo (3g)

FRIDAY

Blueberry Pancakes (*) (36g)
 Scrambled Eggs (2g)
 Turkey Sausage (1g)
 Oatmeal (27g)
 Diced Pears (15g)

SATURDAY

French Toast (*) (37g)
 Scrambled Eggs (2g)
 Oatmeal (27g)
 Mixed Melon (8g)

(*) with Regular Syrup adds (30g)
 or with Diet Syrup adds (4g)

ALWAYS AVAILABLE

Cinnamon French Toast with
 Regular Syrup (67g) or Diet Syrup (41g)

Buttermilk Pancakes with
 Regular Syrup (63g) or Diet Syrup (37g)

Scrambled Eggs (2g) Breakfast Potatoes (18g)
 Turkey Sausage (1g) Oatmeal (27g)

ASSORTED CEREALS

BAKED GOODS

Blueberry Muffin (27g) Plain Bagel (71g)
 English Muffin (25g)



LUNCH

SUNDAY

Apricot Glazed Pork (9g)
 Red Potatoes (22g)
 Green Beans (6g)
 Mixed Melon (8g)

MONDAY

Roast Turkey with Gravy (4g)
 Mashed Potatoes (18g)
 Carrots (7g)
 Pears (15g)

TUESDAY

Honey Mustard Chicken (3g)
 Macaroni & Cheese (22g)
 Stewed Tomatoes (9g)
 Mandarin Oranges (13g)

WEDNESDAY

Dinosaur BBQ Pulled Pork (29g)
 Mashed Sweet Potatoes (16g)
 Braised Cabbage (9g)
 Dinner Roll (18g)
 Applesauce (7g)

THURSDAY

**Roasted Turkey Breast served
 with Gravy** (49g)
 Mashed Potatoes (18g)
 Carrots (7g)
 Pineapple Chunks (20g)

FRIDAY

Penne with Chicken, Spinach, Feta (27g)
 Tossed Salad with Italian Dressing (8g)
 Diced Peaches (16g)

SATURDAY

Meatloaf served with Gravy (10g)
 Mashed Potatoes (18g)
 California Blend Vegetables (5g)
 Diced Pears (15g)

The numbers that are in () are the number of
 grams of carbohydrates in the food item.

DINNER

SUNDAY

Baked Tomato Basil Chicken Breast (4g)
 Parmesan Mashed Potatoes (25g)
 Broccoli (6g)
 Peaches and Cream Trifle (19g)

MONDAY

Meat Lasagna (35g)
 Sautéed Zucchini,
 Squash and Red Peppers (4g)
 Yellow Cake with Chocolate Frosting (65g)

TUESDAY

Pasta and Meatballs with Sauce (45g)
 Tossed Salad with Italian Dressing (8g)
 Breadstick (15g)
 Apple Crisp (20g)

WEDNESDAY

Asian Beef & Broccoli Stir Fry over Rice (34g)
 Brownie & Strawberry Mousse Trifle (20g)

THURSDAY

Chicken Marsala with Rice (33g)
 Green Beans (6g)
 Banana Pudding Parfait (22g)

FRIDAY

Maple Rosemary Roasted Salmon (12g)
 Buttered Squash and
 Spinach Wild Rice Pilaf (11g)
 Strawberry Shortcake (37g)

SATURDAY

Baked Ziti with Meat Sauce (35g)
 Tossed Salad with Italian Dressing (8g)
 Apple Pie (40g)

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

ALWAYS AVAILABLE

ASSORTED FRUITS

Seasonal Fruit Cup (16g)
 Apple (29g) | Banana (27g) | Orange (18g)
 Applesauce (7g) | Peaches (16g) | Pears (15g)

YOGURT

Vanilla (20g) | Blueberry (10g) | Strawberry (10g)

SOUPS

Cream of Mushroom (9g) | Tomato Soup (17g)
 Chicken Noodle (9g)

HOT ENTRÉES

Grilled Cheese (27g)
 Cheeseburger (31g) | Hamburger (29g)
 Chicken Tenders (17g)
 Baked Chicken (0g)
 Pepperoni Pizza (27g) | Cheese Pizza (27g)
 Macaroni & Cheese (43g)
 Cheese Quesadilla (23g)
 Chicken and Cheese Quesadilla (23g)

COLD ENTRÉES

Chicken Caesar Salad (15g)
 Chef Salad (6g)

PLANT BASED CHOICES

Hummus with Vegetables (73g)
 Black Bean Burger (35g) | Tossed Salad (4g)
 Penne Pasta with Marinara (41g)
 Fruit Plate (20g) | Baked Crispy Tofu (4g)
 Vegetable Wrap with Guacamole (65g)

BUILD YOUR OWN SANDWICH

Protein: Turkey (26g), Chicken Salad (26g),
 Tuna Salad (26g),
 Egg Salad (30g), Peanut Butter & Jelly (41g)
 Toppings: Lettuce, Tomato, Red Onions,
 American Cheese, Swiss Cheese

SIDES

Tossed Salad (4g) | Mashed Potatoes (18g)
 French Fries (18g) | White Rice (24g)

BEVERAGES

Juice

Apple (14g) | Cranberry (15g) | Orange (13g)

Tea

Regular (0g) or Decaf Tea (0g)
 Green Tea (0g) | Iced Tea (0g)

Milk

Skim (11g) | 2% (12g) | Whole (11g)
 Chocolate (25g) | Lactaid (13g)
 Plain Soy (8g) | Vanilla Soy (19g)
 Chocolate Soy (25g)

Coffee (Folgers)

Regular (1g) or Decaffeinated (1g)
 Hot Chocolate (20g)
 No Sugar Added Hot Chocolate (10g)

Assorted Drinks

Pepsi Products (21g-29g)
 Crystal Light Lemonade (0g)