

McLaren Print System Order

Order No: 45126
 Order Date: 2019-05-06
 User: Anna Henry
 Phone: 810-342-4025

Ship Location: McLaren Flint - Nutritional Services Attn: Sierra Allport
 401 S. Ballenger Hwy
 Flint, MI 48532

Brochures
 Quantity: 1000
 Paragon Dept No: 95020
 Dept Name: Nutritional Services
 Company Number: 60

Order Total Price: 220.00

Item Number: M-457
 Item Description: CHS Catering Menu (7 Central)
 Revision Date: 5/2019
 Print: 2 sided full color
 Paper: 32# Color Copy Text
 Size: 12 x 18
 Fold: None
 Finish:
 Drill:
 Misc Info: ds; color; #32; 12x18; double bi-fold

7 CENTRAL GUIDELINES

- Supplements must be Doctor or Dietitian ordered.
- No double portions for lunch and dinner, unless ordered by your Doctor or Dietitian
- Any special diet must be ordered by your Doctor or Dietitian
- Only 3 beverages per meal allowed
- Only 1 dessert allowed per meal
- Only 1 extra side allowed (example: choice #1 and a salad)
- Limit of 3 of the same condiment (example: 3 sugars)
- Saturday & Sunday - Lunch and Dinner have additional options of Chicken Tenders** or Grilled Hamburger** served with fries
- We reserve the right to change your menus based on product availability

BELIEVE IN THE POWER OF food

MORRISON BELIEVES IN THE POWER OF FOOD

It's power to advance a healing and healthful mission. It's power to connect, comfort, restore and regenerate. For 115 years, we're specialized in healthcare foodservices.

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"

morrison

Cart Arrival Times
 Breakfast: 7:45 a.m. - 8:00 a.m.
 Lunch: 12:50 p.m. - 1:05 p.m.
 Dinner: 5:45 p.m. - 6:00 p.m.

7 CENTRAL MENU

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TO PLACE YOUR ORDER:

A Catering Associate will be in the community room around 8:30 am. They will go over your menu selections with you.

Under certain cases we may send up menus on the breakfast cart for you to fill out. These menus will then be corrected downstairs to fit within our guidelines.

DIET INFORMATION

Your diet, like your medication, is an important part of your treatment and may impact 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 foods and spices instead of salt as your seasoning. Foods such as processed cheese, bacon, lunchmeat, 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 advised the exact 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 sweetened beverages.
- Renal** - While on this diet, your meals may limit one or more of the following: Phosphorus - 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 coffee.
- 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 floor and Nutrition Services of any other foods that cause you discomfort.
- Clear Liquids** - You will be served clear liquids including coffee, tea, broth, and gelatin. 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.

* 15 grams of carbohydrates

Spec Info: