

## McLaren Print System Order

Order No: 63023  
 Order Date: 2021-06-15  
 User: Anna Henry  
 Phone: 810-342-4025

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

Brochures  
 Quantity: 500  
 Paragon Dept No: 95020  
 Dept Name: Nutritional Services  
 Company Number: 60

Order Total Price: 110.00

Item Number: M-456  
 Item Description: CHS Catering Menu  
 Revision Date: 6/2021  
 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

**LIQUID DIETS**

**CLEAR LIQUID MENU**

<b>Juices</b> Apple Cranberry Cranberry**	<b>Hot Beverages</b> Fresh Brewed Coffee Decaffeinated Coffee Fresh Brewed Tea Decaffeinated Tea
<b>Broths</b> Beef Chicken Vegetable	<b>Cold Beverages</b> Iced Tea Ginger Ale** Diet Ginger Ale
<b>Bottled Water</b>	<b>Sugar Free Lemon Sorbet</b> Popsicles
<b>Gelatin</b> Regular** Sugar Free	

**FULL LIQUID MENU**

<b>Juices</b> Apple** / Cranberry** Pome / Orange	<b>Cereals</b> Grits / Cream of Wheat
<b>Broths</b> Beef / Chicken / Vegetable	<b>Soup</b> Creamed Tomato Cream of Chicken
<b>Desserts</b> Pudding Vanilla** / Sugar-Free Vanilla Chocolate** / Sugar-Free Chocolate	<b>Ice Cream</b> Vanilla / Chocolate Sugar-Free Lemon Sorbet
<b>Gelatin</b> Regular** / Sugar Free	<b>Hot Beverages</b> Fresh Brewed Coffee Decaf / Regular Fresh Brewed Tea Decaf / Regular
<b>Bottled Water</b>	<b>Cold Beverages</b> Iced Tea Ginger Ale** Diet Ginger Ale Pops** / Diet Pops

**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** - Carbohydrates containing foods have the greatest effect on your blood sugar. You will be advised the exact amount of carbohydrates on each meal. Foods that contain carbohydrates include breads, cereals, potatoes, pasta, rice, beans, milk and milk products, fruit and fruit juices, sodas and sweeteners.
- Renal** - While on this diet, your meals may limit one or more of the following: Protein - found in eggs, meat, and dairy products (milk, cheese, Brie, cream, butter); 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 Softs** - While on this diet, you will not be served foods that may cause gas, such as broccoli, cauliflower, cabbage, onion and garlic. Please notify your dietitian because 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

**Dear Patient,**  
 This menu lists the items our Chef has prepared for your meals during your hospital stay. On the inside you will find a page titled "ALTERNATIVE CHOICES". If the Chef's choice does not suit your preferences or if you are allergic, you can call the diet office to place an alternative order. Please call before 6 am to place a breakfast order, before 11 am to place a lunch order, and 4 pm to place a dinner order. If you are calling from a hospital phone please call 22985. If you are calling from a personal phone please call 810-342-2985.

As always, we are committed to providing you with the best service as possible during your hospital stay.

Thank you for Choosing McLaren Flint.

**To contact the Diet Office**  
 Please call 22985  
 between 6:30 am and 6:30 pm

Spec Info: