

BELIEVE IN
THE POWER OF
food

MENU

HOURS

7 am - 6:30 pm
sunday - saturday

TO PLACE YOUR ORDER

to contact your nutrition
operator, please call

1-3663

for outside calls please dial

540.741.3663

between 7am and 6:30pm



Mary Washington Healthcare

morrison
healthcare 

BREAKFAST

(FULL BREAKFAST SERVED 7:00AM- 10:30AM)

FEATURES

CLASSIC AMERICAN BREAKFAST
SCRAMBLED EGG, BACON, BREAKFAST POTATOES

BISCUIT & GRAVY
BUTTERMILK BISCUIT, SCRAMBLED EGG, COUNTRY GRAVY

GARDEN AVOCADO TOAST
AVOCADO, HARD-BOILED EGG, RADISH, MULTI-GRAIN

BREAKFAST SKILLET
HOMESTYLE POTATOES, PEPPERS & ONIONS, SCRAMBLED
EGG, SAUSAGE LINK

FRENCH TOAST BREAD PUDDING
BAKED CINNAMON SPICED BRIOCHE, BACON

NITTY GRITTY BOWL
CHEESE GRITS, SCRAMBLED EGG, BACON, CHEDDAR, SCALLIONS

FAVORITES

APPLE CINNAMON
CREAM OF WHEAT

BACON

BREAKFAST POTATOES

FRENCH TOAST

GRITS

OATMEAL

PANCAKES

SAUSAGE LINK

TURKEY SAUSAGE

VEGGIE SAUSAGE

FRUIT + BAKERY

BANANA MUFFIN

BLUEBERRY MUFFIN

FRUIT & HONEY
YOGURT CRUNCH

SEASONAL FRUIT

COLD CEREALS

CHEERIOS

CORN FLAKES

RICE KRISPIES

RAISIN BRAN

BEVERAGES

COFFEE
regular | decaf

TEA

HOT
COCOA

MILK
skim
2%

JUICE
apple
cranberry
orange
prune

SOUPS

CHICKEN NOODLE
MINISTRONE ORZO
SEASONAL SPECIAL

GREENS

BERRY FIELDS
FETA, STRAWBERRIES, BLUEBERRIES,
CANDIED PECANS, SPRING MIX

CLASSIC COBB
TURKEY, BACON, CHOPPED EGG,
BLUE CHEESE, OLIVE, TOMATO,
ROMAINE

CHICKEN CAESAR
GRILLED CHICKEN, PARMESAN,
TOMATO, CROUTONS, ROMAINE

MEDITERRANEAN CRUNCH
FETA, CUCUMBER, TOMATO, OLIVE,
PICKLED ONION, PITA CHIPS, SPRING MIX

HANDHELDS

SERVED WITH HOUSEMADE CHIPS OR SEASONAL FRUIT

CLASSIC CHICKEN SALAD
HOUSEMADE CHICKEN SALAD, LETTUCE,
TOMATO, MULTI-GRAIN

CLASSIC BLT
BACON, LETTUCE, TOMATO, BASIL MAYO, SOURDOUGH

MEDITERRANEAN VEGGIE WRAP
HUMMUS, FETA, CUCUMBER, RED PEPPER,
TOMATO, TORTILLA

BISTRO TURKEY
TURKEY, SWISS, LETTUCE, TOMATO, MAYO, WHOLE
WHEAT

DELUXE HAMBURGER
GRILLED BURGER, LETTUCE, TOMATO, ONION, BRIOCHE

DELUXE IMPOSSIBLE BURGER
GRILLED IMPOSSIBLE BURGER, LETTUCE, TOMATO,
ONION, BRIOCHE

GRILLED CHICKEN SANDWICH
GRILLED CHICKEN, LETTUCE, TOMATO,
ONION, BRIOCHE

CAPRESE MELT
MOZZARELLA, BASIL, TOMATO, PESTO, SOURDOUGH

CHEF SPECIALS

AVAILABLE TO ORDER AFTER 3:30PM

SUN CHICKEN POT PIE
CHICKEN, PEAS, GREEN BEANS, CREAMY SAUCE,
PUFF PASTRY, STEAMED BROCCOLI

MON SMOKEHOUSE BBQ PORK
PULLED PORK, MAC & CHEESE, RED CABBAGE
SLAW, HONEY-KISSED CORNBREAD

TUE LOWCOUNTRY SHRIMP & GRITS
OLD BAY SHRIMP, ANDOUILLE SAUSAGE, CHEESY
GRITS, PEPPERS & ONIONS, CORN

WED BEEF BURGUNDY
BRAISED BEEF, HERB CITRUS CRUNCH,
ROSEMARY POLENTA, CARAMELIZED
CARROTS & PEARL ONIONS

THU SESAME GINGER CHICKEN & RICE
SESAME GINGER GLAZED CHICKEN,
EDAMAME FRIED RICE, HIBACHI VEGETABLES

FRI BBQ SALMON
BAKED SALMON, KANSAS CITY BBQ SAUCE,
CHEESE GRITS, SAUTÉED SPINACH

SAT ROASTED TURKEY
ROASTED TURKEY, GRAVY, MASHED
POTATOES, HERB GREEN BEANS

ENTRÉES

ROTISSERIE CHICKEN
ROASTED CHICKEN QUARTER,
MASHED POTATOES, GREEN BEANS

PASTA POMODORO
ROTINI, BLISTERED TOMATOES, BASIL, PARMESAN

DESSERTS

STRAWBERRY
SHORTCAKE MUG
CAKE

BANANA PUDDING
PARFAIT

MINI APPLE PIE
SUGAR COOKIE

CHOCOLATE CHIP
COOKIE