# BREAKFAST

### Cereals & Grains
Cheerios | Corn Flakes
Rice Krispies | Total Raisin Bran
Apple Cinnamon Cream Of Wheat
Oatmeal | Grits

### Bakery
Banana Muffin | Blueberry Muffin

### Fruit
Seasonal Fruit

### Grill
Bacon | Breakfast Potatoes
Cinnamon French Toast | Buttermilk Pancakes
Red Potato Hash | Scrambled Eggs
Sausage Link | Turkey Sausage Patty

# LUNCH & DINNER

### Soup
Chicken Noodle | SR Chicken Noodle
Tomato | SR Tomato
Vegetable | SR Vegetable
Cream of Chicken

### Salad
Chef Salad | Chicken Caesar
Side Salad | Berry Fields Salad

### Sandwich
BLT | Chicken Salad | Tuna Salad
BYO Choices: Deli Turkey | Ham
Cheese: American | Cheddar | Swiss
Bread: White Bread | Wheat Bread or GF Bun

### Entrées
Texas Style Beef Sandwich
Garlic Herb baked Tilapia
Build Your Own 6" Pizza: Pepperoni
Sausage | Mushroom | Onion | Peppers

### Grill
Deluxe Hamburger
Grilled Chicken Sandwich
Grilled Cheese on Texas Toast
Black Bean Burger with Lettuce, Tomato on Brioche
Chicken Quesadilla
Chicken Tenders

### Dessert
Strawberry Shortcake Mug Cake
Chocolate Layer Cake
Sugar Cookie | Chocolate Chip Cookie
Ice Cream: Chocolate | Vanilla | Strawberry
NSA Ice Cream: Chocolate | Vanilla
Butter Pecan
Orange Sherbet

# BEVERAGES

**FRESH BREWED COFFEE**
regular
decaf

**TEA**
sweet
unsweet
hot

**JUICE**
apple
cranberry
grape
orange
prune

**MILK**
skim | 2%
chocolate

**HOT COCOA**
regular
sugar free

**SODA**
assorted coke & pepsi products

**OTHER**
bottled water
powerade zero berry blast

Rev 6/30/26

# MENU

## HOURS
7 am - 6:30 pm
7 days a week

## TO PLACE YOUR ORDER
A patient dining associate will visit after breakfast to take your lunch order and will visit again after lunch to take you dinner and breakfast order choice for the next day.

Orders can be taken over the phone.
To contact a patient dining associate please call 865-316-2400 between 7 AM and 6 PM

Guest trays are $5, including the tax, and can be ordered by calling patient dining.

Please scan QR code for digital menu copy and patient education resources.

Breakfast trays will be served at 8:00-8:30 AM, lunch at 12:00-12:30 PM
and dinner at 5:00-5:30 PM.

Covenant HEALTH Roane

morrison healthcare



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.

# DAILY SPECIALS

## SUNDAY

**BREAKFAST**
Classic American Breakfast
scrambled egg, bacon, breakfast potatoes

**LUNCH**
Roasted Turkey
roasted turkey, gravy, mashed potatoes, herb green beans

**DINNER**
Chicken Pot Pie
chicken, peas, green beans, creamy sauce, puff pastry, steamed broccoli

## MONDAY

**BREAKFAST**
Lemon Blueberry Pancakes
with fresh blueberries, ricotta cheese, sausage link

**LUNCH**
Texas-Style Beef Sandwich
open faced beef sandwich, balsamic onions, mashed potatoes, broccoli

**DINNER**
Smothered Pork Chop
boneless pork chop, mushroom gravy, potato wedges, lemon pepper carrots

## TUESDAY

**BREAKFAST**
Ham & Cheese Egg Bite
ham & cheese egg bite, red potato hash, sausage link

**LUNCH**
Smokehouse BBQ Pork
pulled pork, mac & cheese, southern coleslaw, honey-kissed cornbread

**DINNER**
Cajun Chicken Pasta
blackened chicken, rotini, peppers & onions, mushrooms, cream sauce

## WEDNESDAY

**BREAKFAST**
Classic American Breakfast
scrambled egg, bacon, breakfast potatoes

**LUNCH**
Chicken Piccata
chicken piccata, mashed potatoes, seasoned green beans

**DINNER**
Beef Burgundy
braised beef, herb citrus crunch, mashed potatoes, caramelized carrots & pearl onions

## THURSDAY

**BREAKFAST**
Breakfast Skillet
homestyle potatoes, peppers & onions, scrambled egg, sausage link

**LUNCH**
Homestyle Meatloaf
smashed potatoes, ranch broccoli, gravy

**DINNER**
Tomato Basil Chicken
tomato basil chicken, italian sautéed vegetables, parmesan

## FRIDAY

**BREAKFAST**
Cinnamon French Toast
scrambled eggs, bacon

**LUNCH**
BBQ Chicken
baked chicken, kansas city bbq sauce, mashed sweet potatoes, green beans

**DINNER**
Roasted Pork
roasted pork, demi glace, au gratin potatoes, peas and carrots

## SATURDAY

**BREAKFAST**
Biscuit & Gravy
buttermilk biscuit, scrambled egg, country gravy

**LUNCH**
Rotisserie Chicken
roasted chicken, mashed potatoes, green beans

**DINNER**
Jumbo Italian Meatball
jumbo meatball, rotini, marinara, side salad