



TREAT YOURSELF

TO

SOMETHING SATISFYING

DIET INFORMATION

Fiber Restricted Diet

A fiber restricted diet can help to decrease gastrointestinal symptoms. The diet can also be used with patients recovering from gastrointestinal surgeries. Foods low in fiber and easy to digest are found in the diet. Fresh/raw fruits and vegetables (except bananas), seeds, nuts, high fat foods, and caffeine are omitted.

Please ask to see a Registered Dietitian Nutritionist if you have questions about your diet.

CONDIMENTS

Margarine
Butter
Non-Dairy Creamer
Lemon Juice
Sugar
Equal® Sucralose
Salt
Black Pepper
Salt Free Seasoning
Ketchup

Light Mayonnaise
Avocado Yogurt Mayonnaise
Mustard
Assorted Jellies
Peanut Butter
Parmesan Cheese
Tartar Sauce
Barbecue Sauce
Lettuce

TREAT YOURSELF

Room Service Dining Menu

ORDERING

Hello! DUKE REGIONAL HOSPITAL is committed to your comfort and your complete satisfaction with our food service. We offer a wide range of hot and cold breakfast items, along with lunch and dinner selections available for your afternoon and evening meals. This menu also reflects the particular dietary restrictions you may be under at your physicians request.

A Patient Menu Technician will take your meal order bedside, or you may also call 470-4254 between 6:30 am and 7:00 pm to place your order.

TREAT YOURSELF

BREAKFAST

Breakfast is available all day.

HOT AND COLD CEREALS

- Cream of Wheat
- Corn Flakes
- Rice Chex®

BREAKFAST ENTRÉES

- Scrambled Eggs
- Heart Healthy Scrambled Eggs
- Thick Sliced French Toast
- Home-Style Pancakes

SIDES

- Cottage Cheese Cup
- Warm Hard-Cooked Egg
- Seasoned Home Fries

SWEETS

- Fresh Banana
- Fresh Cantaloupe Cup
- Fresh Honeydew Cup
- Applesauce
- Nonfat Vanilla Yogurt
- Plain Greek Yogurt

BREAD BASKET

- English Muffin
- Bagel
- White Bread

CONDIMENTS

- Margarine
- Butter
- Light Cream Cheese
- Cream Cheese
- Assorted Jellies
- Peanut Butter
- Non Dairy Creamer
- Lemon Juice
- Sugar
- Equal® Sucralose
- Salt
- Black Pepper
- Salt Free Seasoning
- Ketchup
- Pancake Syrup
- Light Brown Sugar

BEVERAGES

- Orange Juice
- Apple Juice
- Cranberry Juice Cocktail
- Skim Milk
- 2% Reduced Fat Milk
- Decaf Coffee
- Decaf Tea
- Herbal Tea
- Iced Decaf Tea

LUNCH & DINNER

SOUPS

Chicken Noodle Soup

*Chicken Noodle Soup available every day

SOUP OF THE DAY

Tuesday: Tomato Basil Soup
Thursday: Lemon Chicken Orzo Soup
Saturday: Chicken Noodle Soup
Sunday: Chicken Noodle Soup

SANDWICHES

*White Bread available.
Condiments: Lettuce, Ketchup, Mustard and Light Mayonnaise.*

- Fresh Roasted Turkey Sandwich on White
- Seasoned Roast Beef Sandwich on White

GRILL

*White Bread available.
Condiments: Lettuce, Ketchup, Mustard and Light Mayonnaise.*

- Cheeseburger on White Roll
- Grilled Chicken Sandwich on White Roll

ENTRÉES

See reverse side for salad dressings and condiments.

Meatloaf with Brown Gravy
Hamburger
Chicken Parmesan
Grilled Lemon-Rosemary Chicken
Orange Salmon
Roasted Turkey Breast
Pork Chili Verde
Baked Macaroni & Cheese
Creamy Dijon Chicken Salad
Soft Fruit & Cottage Cheese Plate
Creamy Dilled Tuna Salad

SIDES

- Fresh Whole Green Beans
- Carrots
- Homestyle Mashed Potatoes
- Mashed Sweet Potatoes
- Buttery Penne Pasta
- White Rice
- Crispy Baked French Fries
- Baked Potato Chips
- Reduced Sodium Poultry Gravy
- Reduced Sodium Brown Gravy
- Marinara Sauce

BREAD BASKET

- White Dinner Roll
- White Bread
- Garlic Herb Breadstick
- Saltine Crackers

SWEETS

- Chocolate Chip Cookie
- Fudge Brownie
- Peach Cobbler
- Vanilla Pudding
- Chocolate Pudding
- Red Gelatin
- Citrus Gelatin
- Orange Sherbet
- Cherry Water Ice
- Sliced Peaches
- Applesauce
- Sliced Pears
- Mandarin Oranges
- Fresh Cantaloupe Cup
- Fresh Honeydew Cup
- Fresh Banana

BEVERAGES

- Skim Milk
- 2% Reduced Fat Milk
- Iced Decaf Tea
- Orange Juice
- Apple Juice
- Cranberry Juice Cocktail
- Decaf Coffee
- Decaffeinated Tea
- Herbal Tea