



DIET INFORMATION

Low Sodium - Consistent Carb Diet

A consistent carbohydrate diet helps to control your blood sugar levels. Carbohydrate foods include cereals, pastas, breads, milk, fruit, and desserts. These foods are counted at each meal as grams or exchanges. The grams or exchanges for each carbohydrate food can be found in parentheses beside the food.

15 grams = 1 carbohydrate exchange

Items with a "*" beside them contain less than 5 grams of carbohydrates

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

CONDIMENTS

Margarine*
Butter*
French Dressing*
Italian Dressing*
Non-Dairy Creamer*
Half & Half*
Lemon Wedges*
Equal® Sucralose*

Black Pepper*
Salt Free Seasoning*
Ketchup*
Light Mayonnaise*
Mustard*
Assorted Diet Jellies*
Peanut Butter (5)
Lettuce & Tomato*

() indicates Grams | *This item contains less than 5 grams of CHO

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 physician's request.

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



BREAKFAST

Breakfast is available all day.

HOT AND COLD CEREALS

- Oatmeal (27) • Grits (28)
- Cream of Wheat (22)
- Cheerios® (14)
- Total® Raisin Bran (26)
- Cinnamon Toast Crunch (22)
- Honey Nut Cheerios® (23)

SIDES

- Warm Hard-Cooked Egg*
- Seasoned Home Fries (21)
- Turkey Bacon*

SWEETS

- Fresh Banana (27)
- Fresh Orange (12)
- Fresh Apple (17)
- Fresh Fruit Salad (9)
- Fresh Berries Cup (7)
- Fresh Cantaloupe Cup (6)
- Red Grapes (10)
- Fresh Honeydew Cup (6)
- Fresh Pineapple Cup (9)
- Nonfat Strawberry Yogurt (9)
- Nonfat Vanilla Yogurt (9)
- Plain Greek Yogurt (6)

BEVERAGES

- Orange Juice (14)
- Apple Juice (14)
- Cranberry Juice Cocktail (15)
- Skim Milk (11)
- Whole Milk (11)
- 2% Reduced Fat Milk (11)
- Coffee* • Decaf Coffee*
- Tea* • Decaf Tea*
- Iced Tea* • Iced Decaf Tea*

BREAKFAST ENTRÉES

- Scrambled Eggs*
- Heart Healthy Scrambled Eggs*
- Whole Wheat French Toast (14)
- Thick Sliced French Toast (23)
- Home-Style Pancakes (21)
- Home-Style Whole Wheat Pancakes (20)
- Fruit, Granola, Greek Yogurt and Honey (49)

BREAD BASKET

- English Muffin (23)
- Blueberry Muffin (30)
- White Bread (13)
- Whole Wheat Bread (12)

CONDIMENTS

- Margarine*
- Butter*
- Light Cream Cheese*
- Assorted Reduced Calorie Jellies*
- Peanut Butter (5)
- Non Dairy Creamer*
- Half & Half*
- Lemon Juice*
- Equal® Sucralose*
- Black Pepper*
- Salt Free Seasoning*
- Reduced Calorie Ketchup*
- Diet Syrup*
- Raisins (22)
- Sliced Almonds (5)
- Flax Seeds (8)

LUNCH & DINNER

STARTERS

- Tossed Salad with Tomato and Cucumber*
- Caesar Side Salad (6)

SOUPS

- Chicken Noodle Soup (13)

SOUP OF THE DAY

- Mon: Barley & Mushroom Soup (20)
- Tues: Tomato Basil Soup (20)
- Wed: Masala Tomato Lentil Soup (19)
- Thurs: Lemon Chicken Orzo Soup (10)
- Fri: Southwest Black Bean Soup (32)
- Sat: Chicken Noodle Soup (13)
- Sun: Chicken Noodle Soup (13)

SANDWICHES

White or Whole Wheat Bread available.
Condiments: Lettuce, Tomato, Ketchup,
Mustard and Light Mayonnaise.

- Roast Turkey Flatbread with Avocado Mayonnaise (26)
- Seasoned Roast Beef Sandwich on Wheat (24)
- Chicken or Tuna Salad (27)

GRILL

White or Whole Wheat Bread available.
Condiments: Lettuce, Tomato, Ketchup,
Mustard and Light Mayonnaise.

- Hamburger on Wheat Bun (30)
- Swissburger on Wheat Bun (31)
- Grilled Chicken Sandwich on Wheat Bun (25)

ENTRÉES

See reverse side for salad dressings and condiments.

- Meatloaf with Brown Gravy (12)
- Roasted Turkey Breast*
- Chicken Parmesan (16)
- Grilled Lemon-Rosemary Chicken*
- Chicken & Mushroom Cavatappi (35)
- Grilled Garlic-Herb Salmon*
- Grilled Turkey with Fresh Tomato Topping*
- Pork Chili Verde (12)
- Tomato, Basil & Cheese Flatbread (27)
- Asian Chicken Salad (14)
- Fresh Fruit & Cottage Cheese Plate (32)
- Tuna Salad Plate (9)
- Chicken Salad Plate (9)

SIDES

- Creamy Coleslaw with Chia (5)
- Steamed Fresh Broccoli*
- Fresh Whole Green Beans (7)
- Carrots (6)
- Garlic Roasted Vegetables (8)
- Vegetable Medley (5)
- Cauliflower Potato Mash (16)
- Roasted Sweet Potatoes (19)
- Buttery Whole Grain Penne (20)
- Mashed Potatoes (21)
- Confetti Brown Rice (21)
- Couscous with Raisins & Parsley (27)
- Baked Potato Chips (20)
- Reduced Sodium Poultry Gravy (7)
- Reduced Sodium Brown Gravy (5)
- Marinara Sauce*

BREAD BASKET

- White Dinner Roll (17)
- Whole Wheat Bread (12)
- White Bread (13)
- Lemon Sage Cornbread (23)
- Saltine Crackers with Unsalted Top (5)

SWEETS

- Sugar Free Red Gelatin*
- Sugar Free Citrus Gelatin*
- Vanilla Ice Cream (16)
- Chocolate Ice Cream (17)
- Fruit Ice (19)
- Sliced Peaches (11)
- Applesauce (14)
- Sliced Pears (13)
- Mandarin Oranges (9)
- Fresh Fruit Salad (9)
- Fresh Banana (27)
- Fresh Orange (12)
- Fresh Apple (17)
- Fresh Berries Cup (7)
- Fresh Cantaloupe Cup (6)
- Fresh Honeydew Cup (6)
- Red Grapes (10)
- Fresh Pineapple Cup (9)

BEVERAGES

- Skim Milk (11)
- 2% Reduced Fat Milk (11)
- Whole Milk (11)
- Iced Tea*
- Iced Decaf Tea*
- Orange Juice (14)
- Apple Juice (14)
- Cranberry Juice Cocktail (15)
- Coffee*
- Decaf Coffee*
- Tea*
- Decaffeinated Tea*