



TREAT YOURSELF

TO

SOMETHING SATISFYING

DIET INFORMATION

NDD - Level 1

The National Dysphagia Diet Level 1 provides foods that can be successfully and safely swallowed. Blenderized or pudding-like consistency foods are provided on this diet.

Thickened liquids may also be ordered for you. All liquids will be served thickened based on your diet order.

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

CONDIMENTS

Margarine
Butter
Non-Dairy Creamer
Half & Half
Lemon Juice
Honey
Sugar
Equal® Sucralose

Salt
Black Pepper
Salt Free Seasoning
Ketchup
Light Mayonnaise
Mustard
Assorted Jellies
Barbecue Sauce

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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

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BREAKFAST

Breakfast is available all day.

HOT AND COLD CEREALS

- Cream of Wheat

BREAKFAST ENTRÉES

- Pureed Egg Omelet
- Pureed Waffle

BREAD BASKET

- Pureed Bread

BEVERAGES

- Orange Juice
- Honey Thickened Orange Juice
- Nectar Thickened Orange Juice
- Apple Juice
- Honey Thickened Apple Juice
- Nectar Thickened Apple Juice
- Cranberry Juice Cocktail
- Honey Thickened Cranberry Juice
- Nectar Thickened Cranberry Juice
- Skim Milk
- Honey Thickened Skim Milk
- Nectar Thickened Skim Milk
- 2% Reduced Fat Milk
- Whole Milk
- Chocolate 1% Low Fat Milk
- Breakfast Essentials™ Vanilla
- Coffee
- Honey Thickened Instant Coffee
- Nectar Thickened Instant Coffee
- Decaf Coffee
- Tea
- Decaf Tea
- Herbal Tea
- Hot Chocolate
- Iced Tea
- Iced Decaf Tea

SWEETS

- Applesauce
- Pureed Mixed Berries
- Nonfat Vanilla Yogurt
- Plain Greek Yogurt

CONDIMENTS

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

LUNCH & DINNER

SOUPS

Pureed Chicken Noodle Soup

SOUP OF THE DAY

Monday: Pureed Barley & Mushroom Soup

Tuesday: Pureed Tomato Basil Soup

Wednesday: Pureed Masala Tomato Lentil Soup

Thursday: Pureed Lemon Chicken Orzo Soup

Friday: Pureed Southwest Black Bean Soup

Saturday: Pureed Chicken Noodle Soup

Sunday: Pureed Chicken Noodle Soup

ENTRÉES

See reverse side for salad dressings and condiments.

Pureed Roast Beef

Pureed Chicken

Pureed Pollock

Pureed Turkey

Pureed Pork

Pureed Ham

SIDES

- Pureed Broccoli
- Pureed Green Beans
- Pureed Carrots
- Pureed Corn
- Pureed Peas
- Homestyle Mashed Potatoes
- Mashed Sweet Potatoes
- Pureed Pasta
- Pureed Rice

BREAD BASKET

Pureed Bread

SWEETS

Vanilla Pudding
Chocolate Pudding
Red Gelatin
Citrus Gelatin
Vanilla Ice Cream
Chocolate Ice Cream
Orange Sherbet
Cherry Water Ice
Pureed Peaches
Applesauce
Pureed Pears
Pureed Mixed Berries
Pureed Pineapple

BEVERAGES

- Skim Milk
- Honey Thickened Reduced Fat Milk
- Nectar Thickened Reduced Fat Milk
- 2% Reduced Fat Milk
- Whole Milk
- Chocolate 1% Lowfat Milk
- Iced Tea
- Iced Decaf Tea
- Orange Juice
- Honey Thickened Orange Juice
- Nectar Thickened Orange Juice
- Apple Juice
- Honey Thickened Apple Juice
- Nectar Thickened Apple Juice
- Cranberry Juice Cocktail
- Honey Thickened Cranberry Juice
- Nectar Thickened Cranberry Juice
- Coffee
- Honey Thickened Instant Coffee
- Nectar Thickened Instant Coffee
- Decaf Coffee
- Tea
- Decaffeinated Tea
- Herbal Tea
- Hot Chocolate