



# TREAT

YOURSELF

TO

## SOMETHING SATISFYING

### DIET INFORMATION

#### NDD - Level 2

The National Dysphagia Diet Level 2 provides foods that can be successfully and safely swallowed. Foods are blenderized, chopped, ground, or mashed to make them easy to chew and swallow. Foods in large chunks or foods too hard to be chewed thoroughly should be avoided.

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  
Parmesan Cheese  
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

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BREAKFAST

Breakfast is available all day.

HOT AND COLD CEREALS

- Oatmeal • Grits
- Cream of Wheat
- Cheerios®
- Corn Flakes
- Rice Chex®
- Honey Nut Cheerios®

SIDES

- Cottage Cheese Cup

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
- Coffee
- Honey Thickened Instant Coffee
- Nectar Thickened Instant Coffee
- Decaf Coffee
- Tea • Decaf Tea
- Herbal Tea
- Hot Chocolate
- Iced Tea
- Iced Decaf Tea

BREAKFAST ENTRÉES

- Scrambled Eggs
- Heart Healthy Scrambled Eggs
- Pureed Waffle
- Canned Fruit, Greek Yogurt and Honey

SWEETS

- Fresh Banana
- Applesauce
- Nonfat Strawberry Yogurt
- 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

\*Chicken Noodle Soup available every day

\*Soups are Pureed and Strained

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

SANDWICHES

Build Your Own Sandwich

All Sandwiches Served on Pureed Bread

**Protein (choose one):**

Chicken Salad

Tuna Salad

GRILL

Items Served With Gravy:

- Ground Grilled Chicken Sandwich with Gravy
- Ground Hot Open Face Turkey Sandwich with Gravy
- Ground Hot Open Face Roast Beef Sandwich with Gravy
- Ground Beef with Gravy

ENTRÉES

See reverse side for salad dressings and condiments.

Chopped Meatloaf with Brown Gravy

Ground Chicken Parmesan

Ground Grilled Lemon Rosemary Chicken with Gravy

Flaked Orange Salmon

Vegetable Lasagna

Ground Turkey Breast with Gravy

Ground Herb Seasoned Pork Chop

Baked Macaroni & Cheese

Ground Creamy Dijon Chicken Salad

Soft Fruit & Cottage Cheese Plate

Tuna Salad Plate

Chicken Salad Plate

SIDES

- Chopped Fresh Green Beans
- Chopped Fresh Carrots
- Chopped Zucchini
- Mashed Potatoes
- Mashed Sweet Potatoes
- Buttery Penne
- Pureed Rice
- Reduced Sodium Poultry Gravy
- Reduced Sodium Brown Gravy
- Marinara Sauce

BREAD BASKET

Pureed Bread

BUILD YOUR OWN ENTREE

Build Your Own Pasta

*Buttery Penne Pasta*

**Pasta Sauce:**

*Creamy Alfredo*

SWEETS

- Sliced Pears
- Mandarin Oranges
- Fresh Banana
- Orange Sherbet
- Cherry Fruit Ice
- Lemon Fruit Ice
- Applesauce