



TREAT YOURSELF

TO

SOMETHING SATISFYING

DIET INFORMATION

NDD - Level 3

The National Dysphagia Diet Level 3 provides foods that can be successfully and safely swallowed. Foods of nearly regular textures are provided. Hard, sticky, or crunchy foods are 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
Avocado Yogurt Mayonnaise
Mustard
Assorted Jellies
Peanut Butter
Parmesan Cheese
Tartar Sauce
Barbecue Sauce

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

- Oatmeal • Grits
- Cream of Wheat
- Cheerios®
- Cinnamon Toast Crunch™
- Rice Chex®
- Honey Nut Cheerios®

SIDES

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

BREAD BASKET

- Buttered Blueberry Muffin
- White Bread with Margarine
- Whole Wheat Bread with Margarine

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
- Whole Wheat French Toast
- French Toast
- Home-Style Pancakes
- Home-Style Whole Wheat Pancakes
- Canned Fruit, Greek Yogurt and Honey

SWEETS

- Fresh Banana
- Fresh Berries Cup
- Nonfat Strawberry Yogurt
- Nonfat Vanilla Yogurt
- Plain Greek Yogurt

CONDIMENTS

- Margarine
- Butter
- Assorted Jellies
- Peanut Butter
- 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

Chicken Noodle Soup

*Chicken Noodle Soup available every day

SOUP OF THE DAY

- Monday:** Barley & Mushroom Soup
Tuesday: Tomato Basil Soup
Wednesday: Masala Tomato Lentil Soup
Thursday: Lemon Chicken Orzo Soup
Friday: Southwest Black Bean Soup
Saturday: Chicken Noodle Soup
Sunday: Chicken Noodle Soup

SANDWICHES

White or Whole Wheat Bread available.

- Chopped Hot Open Face Turkey Sandwich on White
- Chopped Hot Open Face Roast Beef Sandwich on White

GRILL

White or Whole Wheat Bread available.

- Ground Beef with Brown Gravy
- Chopped Open Face Grilled Chicken Sandwich with Gravy

ENTRÉES

See reverse side for salad dressings and condiments.

- Chopped Meatloaf with Brown Gravy
Chopped Chicken Parmesan
Chopped Grilled Lemon Rosemary Chicken with Gravy
Chopped Chicken, Tomato & Mushroom Pasta
Grilled Garlic-Herb Salmon
Chopped Turkey Breast with Gravy
Chopped Herb Seasoned Pork Chop
Baked Macaroni & Cheese
Creamy Dijon Chicken Salad
Creamy Dilled Tuna Salad
Soft Fruit & Cottage Cheese Plate

SIDES

- Soft-Cooked Fresh Green Beans
- Soft-Cooked Fresh Carrots
- Soft-Cooked Zucchini
- Mashed Potatoes
- Mashed Sweet Potatoes
- Buttery Whole Grain Penne
- Confetti Brown Rice
- Reduced Sodium Poultry Gravy
- Reduced Sodium Brown Gravy
- Marinara Sauce

BREAD BASKET

- White Bread with Margarine
- Whole Wheat Bread with Margarine

BUILD YOUR ENTREE

Build Your Own Sandwich

Bread (Choose one):

White

Wheat

Rye

Protein (Choose one):

Chicken Salad Tuna Salad PB&J

Build Your Own Pasta

Penne Pasta

Pasta Sauce:

Creamy Alfredo Home Style Marinara

Pasta Toppings (Choose up to three):

Chop Grilled Chicken Broccoli Mushrooms
Green Peppers Onions

SWEETS

- Apple Crisp
- Peach Cobbler
- Vanilla Pudding
- Chocolate Pudding
- Red Gelatin
- Citrus Gelatin
- Vanilla Ice Cream
- Chocolate Ice Cream
- Orange Sherbet
- Cherry Water Ice
- Sliced Peaches
- Applesauce
- Sliced Pears
- Mandarin Oranges
- Fresh Banana
- Fresh Berries Cup