



TREAT YOURSELF

TO

SOMETHING SATISFYING

DIET INFORMATION

Renal HD Diet

A renal diet helps control the level of sodium, potassium, and phosphorus in your body. The diet is typically used when you have issues with your kidneys. The amount of protein foods given to you will depend on whether or not you are receiving dialysis. Protein foods include meat, milk, and eggs. Please ask to see a Registered Dietitian Nutritionist if you have questions about your diet.

CONDIMENTS

Margarine
Butter
Low Sodium French Dressing
Low Sodium Italian Dressing
Non-Dairy Creamer
Half & Half
Lemon Wedges
Honey

Sugar
Equal® Sucralose
Black Pepper
Salt Free Seasoning
Light Mayonnaise
Assorted Jellies
Lettuce

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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.



BREAKFAST

Breakfast is available all day.

HOT AND COLD CEREALS

- Oatmeal
- Grits
- Total
- Cream of Wheat
- Corn Flakes
- Rice Chex®

BREAKFAST ENTRÉES

- Scrambled Eggs
- Heart Healthy Scrambled Eggs
- French Toast
- Home-Style Pancakes
- Canned Fruit, Greek Yogurt and Honey

SIDES

- Warm Hard-Cooked Egg

BUILD YOUR OMELET

Regular Eggs
Heart Healthy Eggs

Toppings (Choose up to three):
Mushrooms - Onions - Green Peppers

SWEETS

- Fresh Apple
- Fresh Berries Cup
- Fresh Cantaloupe Cup
- Red Grapes
- Fresh Pineapple Cup
- Nonfat Strawberry Yogurt
- Nonfat Vanilla Yogurt
- Plain Greek Yogurt

CONDIMENTS

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

BEVERAGES

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

LUNCH & DINNER

STARTERS

Tossed Garden Salad
Caesar Side Salad

SOUPS

Chicken Noodle Soup

*Chicken Noodle Soup available every day

SOUP OF THE DAY

Thursday: Lemon Chicken Orzo Soup

Sunday: Chicken Noodle Soup

Saturday: Chicken Noodle Soup

DELI SANDWICHES

White Bread available.
Condiments: Lettuce and Light Mayonnaise.

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

GRILL

White Bread available.
Condiments: Lettuce and Light Mayonnaise.

- Hamburger on White Roll
- Grilled Chicken Sandwich on White Roll

ENTRÉES

See reverse side for salad dressings and condiments.

Meatloaf with Brown Gravy
Grilled Marinated Chicken Breast
Grilled Lemon-Rosemary Chicken
Orange Salmon
Roasted Turkey Breast
Herb Seasoned Pork Chops
Chicken Salad Plate (no tomato)
Tuna Salad Plate (no tomato)

SIDES

- Creamy Coleslaw
- Steamed Fresh Broccoli
- Fresh Whole Green Beans
- Carrots
- Garlic Roasted Vegetables
- Vegetable Medley
- Buttery Penne Pasta
- White Rice
- Reduced Sodium Poultry Gravy
- Reduced Sodium Brown Gravy

BREAD BASKET

- White Dinner Roll
- White Bread
- Saltine Crackers with Unsalted Top

BUILD YOUR ENTREE

Build Your Own Sandwich

Bread (Choose one):

White

Rye

Protein (Choose one):

Roasted Turkey Roast Beef

Chicken Salad Tuna Salad

Toppings (Choose up to two):

Lettuce Red Onion

Build Your Own Pasta

Penne Pasta w/ Garlic Bread Stick

Pasta Toppings (Choose up to three):

Grilled Chicken Broccoli Mushrooms

Green Peppers Onions

SWEETS

- Apple Crisp
- Peach Cobbler
- Red Gelatin
- Citrus Gelatin
- Orange Sherbet
- Cherry Water Ice
- Sliced Peaches
- Applesauce
- Sliced Pears
- Mandarin Oranges
- Fresh Apple
- Fresh Berries Cup
- Fresh Cantaloupe Cup
- Red Grapes
- Fresh Pineapple Cup