



## DIET INFORMATION

### Renal NonHD 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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## 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

- Old Fashioned Oatmeal
- Cream of Wheat
- Corn Flakes
- Rice Chex®

BREAKFAST ENTRÉES

- Scrambled Eggs
- Heart Healthy Scrambled Eggs
- Thick Sliced French Toast
- Home-Style Pancakes

SIDES

- Warm Hard-Cooked Egg

BREAD BASKET

- English Muffin
- White Bread

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

SOUP OF THE DAY

- Thursday: Lemon Chicken Orzo Soup
- Sunday: Chicken Noodle Soup
- Saturday: Chicken Noodle Soup

SANDWICHES

White Bread available.  
Condiments: Lettuce, and Light Mayonnaise.

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

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
- Grilled Garlic-Herb Salmon
- Roasted Turkey Breast
- Herb Seasoned Pork Chops
- Creamy Dijon Chicken Salad
- Tuna Salad Plate (no tomato)

SIDES

- Creamy Coleslaw with Chia
- 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

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

BEVERAGES

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