



DIET INFORMATION

Vegan Diet

The vegan diet provides a healthy diet while considering personal and/or religious beliefs. Beans and peas, soy foods, nuts, fruits, vegetables, whole grains, and heart healthy fats are encouraged. Meat, poultry, and seafood; milk and milk products; and eggs are omitted on this diet.

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

CONDIMENTS

Margarine
Italian Dressing
Lemon Wedges
Sugar
Equal® Sucralose
Salt
Black Pepper

Salt-Free Seasoning
Ketchup
Mustard
Assorted Jellies
Peanut Butter
Barbecue Sauce
Lettuce & Tomato
Mild Salsa
Hummus



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
- Cheerios®
- Corn Flakes
- Rice Chex®

BREAKFAST ENTRÉES

- Gluten-Free Tofu Scramble Wrap
- Vegan Home-Style Pancakes

SIDES

- Seasoned Home Fries

BREAD BASKET

- White Bread
- Whole Wheat Bread

SWEETS

- Fresh Banana
- Fresh Orange
- Fresh Apple
- Fresh Fruit Salad
- Fresh Berries Cup
- Fresh Cantaloupe Cup
- Red Grapes
- Fresh Honeydew Cup
- Fresh Pineapple Cup

CONDIMENTS

- Margarine
- Assorted Jellies
- Peanut Butter
- Lemon Wedges
- Sugar
- Equal® Sucralose
- Salt
- Black Pepper
- Salt Free Seasoning
- Ketchup
- Pancake Syrup
- Light Brown Sugar
- Raisins
- Sliced Almonds
- Flax Seed
- Mild Salsa
- Hummus

BEVERAGES

- Orange Juice
- Apple Juice
- Cranberry Juice Cocktail
- Vanilla Soy Milk
- Coffee
- Decaf Coffee
- Tea
- Decaf Tea
- Iced Tea
- Iced Decaf Tea

LUNCH & DINNER

STARTERS

Tossed Salad with Tomato and Cucumber

SOUP OF THE DAY

Wednesday: Masala Tomato Lentil Soup
Friday: Southwest Black Bean Soup

ENTRÉES

See reverse side for salad dressings and condiments.

Gluten-Free Vegetable Lasagna
Gluten-Free Pad Thai
Gluten-Free Bean & Rice Burrito

SIDES

- | | |
|-----------------------------|---------------------------------|
| • Steamed Fresh Broccoli | • Confetti Brown Rice |
| • Fresh Whole Green Beans | • Couscous w/ Raisins & Parsley |
| • Carrots | • Baked Potato Chips |
| • Garlic Roasted Vegetables | • Marinara Sauce |
| • Whole Grain Penne | |

BREAD BASKET

Whole Wheat Bread
White Bread
Whole Wheat Flour Tortilla
Saltine Crackers

SWEETS

- | | |
|---------------------|------------------------|
| • Cherry Water Ice | • Fresh Orange |
| • Sliced Peaches | • Fresh Apple |
| • Applesauce | • Fresh Berries Cup |
| • Sliced Pears | • Fresh Cantaloupe Cup |
| • Mandarin Oranges | • Fresh Honeydew Cup |
| • Fresh Fruit Salad | • Red Grapes |
| • Fresh Banana | • Fresh Pineapple Cup |

BEVERAGES

- | | |
|----------------------------|------------------|
| • Vanilla Soy Milk | • Iced Tea |
| • Orange Juice | • Iced Decaf Tea |
| • Apple Juice | • Coffee |
| • Cranberry Juice Cocktail | • Decaf Coffee |
| | • Tea |
| | • Decaf Tea |