



TREAT

YOURSELF

TO

SOMETHING SATISFYING

DIET INFORMATION

Vegetarian Diet

The vegetarian diet provides a healthy diet while considering personal and/or religious beliefs.

Milk, eggs, fruits, vegetables, whole grains, beans, and soy foods are encouraged. Meat, poultry, and seafood are omitted on this diet.

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

CONDIMENTS

Margarine
Butter
Ranch Dressing
Italian Dressing
Non Dairy Creamer
Half & Half
Lemon Wedges
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
Lettuce & Tomato
Mild Salsa

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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.

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BREAKFAST

Breakfast is available all day.

HOT AND COLD CEREALS

- Oatmeal
- Grits
- Cream of Wheat
- Cheerios®
- Total® Raisin Bran
- Cinnamon Toast Crunch™
- Rice Chex®

SIDES

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

SWEETS

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

BEVERAGES

- Orange Juice
- Apple Juice
- Cranberry Juice Cocktail
- Skim Milk
- 2% Reduced Fat Milk
- Whole Milk
- Coffee
- Decaf Coffee
- Tea
- Decaf Tea
- 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
- Fruit, Granola, Greek Yogurt and Honey

BREAD BASKET

- Whole Grain Blueberry Muffin
- White Bread
- Whole Wheat Bread

CONDIMENTS

- Margarine
- Butter
- Light Cream Cheese
- Cream Cheese
- Assorted Jellies
- Peanut Butter
- Non Dairy Creamer
- Half & Half
- Lemon Wedges
- Honey
- Sugar
- Equal® Sucralose
- Salt
- Black Pepper
- Salt Free Seasoning
- Ketchup
- Pancake Syrup
- Light Brown Sugar
- Raisins
- Sliced Almonds
- Flax Seed
- Mild Salsa

LUNCH & DINNER

ENTREE AND SIDE SALADS

Tossed Salad with Tomato and Cucumber
Caesar Side Salad - Tossed Garden Salad

SOUP OF THE DAY

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

ENTRÉES

Vegetable Lasagna
Baked Macaroni & Cheese
Tomato, Basil & Cheese Flatbread
Fresh Fruit & Cottage Cheese Plate

See reverse side for salad dressings and condiments.

SIDES

- | | |
|-----------------------------|---------------------------------|
| • Creamy Coleslaw | • Cauliflower Potato Mash |
| • Steamed Fresh Broccoli | • Roasted Sweet Potatoes |
| • Fresh Whole Green Beans | • Buttery Whole Grain Penne |
| • Carrots | • Confetti Brown Rice |
| • Garlic Roasted Vegetables | • Couscous w/ Raisins & Parsley |
| • Vegetable Medley | • Baked Potato Chips |
| • Mashed Potatoes | • Marinara Sauce |

BREAD BASKET

Whole Wheat Bread
White Bread
Garlic Herb Breadstick
Lemon Sage Cornbread
Saltine Crackers

SWEETS

- | | |
|-------------------------|------------------------|
| • Chocolate Chip Cookie | • Sliced Pears |
| • Oatmeal Raisin Cookie | • Mandarin Oranges |
| • Fudge Brownie | • Fresh Fruit Salad |
| • Apple Crisp | • Fresh Banana |
| • Peach Cobbler | • Fresh Orange |
| • Vanilla Pudding | • Fresh Apple |
| • Chocolate Pudding | • Fresh Berries Cup |
| • Orange Sherbet | • Fresh Cantaloupe Cup |
| • Cherry Water Ice | • Fresh Honeydew Cup |
| • Sliced Peaches | • Red Grapes |
| • Applesauce | • Fresh Pineapple Cup |

BEVERAGES

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