



TREAT

YOURSELF

TO

SOMETHING SATISFYING

DIET INFORMATION

Consistent Carbohydrate Diet

A consistent carbohydrate diet helps to control your blood sugar levels. Carbohydrate foods include cereals, pastas, breads, milk, fruit, and desserts. These foods are counted at each meal as grams or exchanges. The grams or exchanges for each carbohydrate food can be found in parentheses beside the food.

15 grams = 1 carbohydrate exchange

Items with a "*" beside them contain less than 5 grams of carbohydrates

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

CONDIMENTS

Margarine*	Salt Free Seasoning*
Butter*	Ketchup*
Ranch Dressing*	Light Mayonnaise*
Italian Dressing*	Avocado Yogurt Mayonnaise*
Caesar Dressing*	Mustard*
Non-Dairy Creamer*	Assorted Diet Jellies*
Half & Half*	Peanut Butter (5)
Lemon Juice*	Tartar Sauce*
Splenda® - Sweet & Low® - Equal®	Barbecue Sauce*
Salt*	Lettuce & Tomato*
Black Pepper*	Mild Salsa*

() indicates Grams | *This item contains less than 5 grams of CHO

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Room Service Dining Menu

ORDERING

Welcome to DUKE REGIONAL HOSPITAL. We are committed to your comfort and your complete satisfaction with our food service. We offer a wide range of hot and cold items at each meal. This menu also reflects any dietary restrictions you may have at your physicians request.

A Patient Menu Technician will take your meal order bedside or you may also call 470-4254 for
Breakfast is served between 6:30-9:30 AM
Lunch is served between 10:30-1:30 PM
Dinner is served between 4:00-7:00 PM

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LUNCH & DINNER

STARTERS

Tossed Salad with Tomato and Cucumber*
Caesar Side Salad (6)

SOUPS

Chicken Noodle Soup with Crackers(15)

SOUP OF THE DAY

Fri: Southwest Black Bean Soup (32)
Sat: Chicken Noodle Soup (15)
Sun: Chicken Noodle Soup (15)

SANDWICHES

Mon: Barley & Mushroom Soup (20)
Tues: Tomato Basil Soup (20)
Wed: Masala Tomato Lentil Soup (19)
Thurs: Lemon Chicken Orzo Soup (10)

*White or Whole Wheat Bread available.
Condiments: Lettuce, Tomato, Ketchup,
Mustard and Light Mayonnaise.*

GRILL

• Roast Turkey Flatbread
with Avocado Mayonnaise (26)
• Roast Beef & Cheddar Wrap (35)
• BBQ Cheddar Grilled Chicken
Sandwich (33)
• Hamburger(30) Swissburger (31)

See reverse side for salad dressings and condiments.

ENTRÉES

Meatloaf with Gravy(12) • Hamburger (30) • Roast Turkey*
Chicken Parmesan (16)
Grilled Lemon-Rosemary Chicken*
Chicken & Mushroom Cavatappi (35)
Grilled Garlic-Herb Salmon*
Vegetable Lasagna (28)
Baked Macaroni & Cheese (41)
Tomato, Basil & Cheese Flat bread (29)
Chicken Caesar Salad (26)
Asian Chicken Salad (14)
Fresh Fruit & Cottage Cheese Plate (31)
Tuna Salad Plate (8) with Vegetables (20)
Chicken Salad Plate (9) with Vegetables (20)

SIDES

• Creamy Coleslaw with Chia (5)
• Steamed Fresh Broccoli*
• Fresh Whole Green Beans (7)
• Carrots (6)
• Garlic Roasted Vegetables (9)
• Vegetable Medley (5)
• Roasted Sweet Potatoes (19)
• Buttery Whole Grain Penne (19)
• Mashed Potatoes (21)
• Whipped Sweet Potatoes (36)
• Brown Rice (21)
• White Rice (24)
• Macaroni & Cheese 4oz (19)
• French Fries (36)
• Baked Potato Chips (20)
• Reduced Sodium
Poultry Gravy (7)
• Reduced Sodium
Brown Gravy (5)
• Marinara Sauce*

BREAD BASKET

• White Dinner Roll (20)
• Whole Wheat Bread (12)
• Garlic Herb Breadstick (28)
• Lemon Sage Cornbread (23)
• Saltine Crackers (5)

SWEETS

• Sugar Free Red Gelatin*
• Sugar Free Citrus Gelatin*
• Vanilla Ice Cream (16)
• Chocolate Ice Cream (16)
• Fruit Ice (19)
• Sliced Peaches (11)
• Applesauce (14)
• Sliced Pears (13)
• Mandarin Oranges (15)
• Fresh Fruit Salad (9)
• Fresh Banana (24)
• Fresh Orange (12)
• Fresh Apple (17)
• Fresh Berries Cup (7)
• Fresh Cantaloupe Cup (6)
• Fresh Honeydew Cup (6)
• Red Grapes (10)
• Fresh Pineapple Cup (9)

BEVERAGES

• Coffee*
• Decaf Coffee*
• Tea*
• Decaffeinated Tea*
• Diet Hot Chocolate (10)
• Iced Tea*
• Iced Decaf Tea*
• Orange Juice (13)
• Cranberry Juice Cocktail (15)
• Unsweetened Iced Tea

BREAKFAST

Breakfast is served for all meals!

BREAKFAST ENTRÉES

• Scrambled Eggs*
• Whole Wheat French Toast (14)
• Thick Sliced French Toast (26)
• Home-Style Pancakes (41)
• Home-Style Whole Wheat
Pancakes (40)
• Fruit, Granola, Greek Yogurt (49)

SIDES

• Oatmeal (25) Grits (21)
• Cream of Wheat (22)
• Cheerios® (14)
• Total® Raisin Bran (25)
• Cinnamon Toast Crunch (22)
• Rice Chex® (16)
• Honey Nut Cheerios® (22)

SWEETS

• Cottage Cheese Cup (3)
• Warm Hard-Cooked Egg*
• Seasoned Home Fries (21)
• Bacon*
• Turkey Bacon*
• Turkey Sausage Patty*

SWEETS

• Fresh Banana (24)
• Fresh Orange (12)
• Fresh Apple (17)
• Fresh Fruit Salad (9)
• Fresh Berries Cup (7)
• Fresh Cantaloupe Cup (6)
• Red Grapes (10)
• Fresh Honeydew Cup (6)
• Fresh Pineapple Cup (9)
• Light Strawberry Yogurt (12)
• Light Vanilla Yogurt (12)
• Plain Greek Yogurt (5)

BEVERAGES

• Orange Juice (13)
• Apple Juice (14)
• Cranberry Juice Cocktail (15)
• Skim Milk (12) • Whole Milk (12)
• 2% Reduced Fat Milk (12)
• 1% Chocolate Milk (26)
• Coffee* • Decaf Coffee*
• Tea* • Decaf Tea*
• Diet Hot Chocolate (10)
• Unsweetened Iced Tea

• Margarine*
• Butter*
• Light Cream Cheese*
• Cream Cheese*
• Assorted
Reduced Calorie Jellies*
• Peanut Butter (5)
• Non Dairy Creamer*
• Half & Half*
• Lemon Juice*
• Splenda® Sweet & Low® Equal
• Black Pepper*
• Salt*
• Salt Free Seasoning*
• Ketchup*
• Diet Syrup*
• Raisins (22)
• Sliced Almonds (5)
• Flax Seeds (8)
• Mild Salsa*