



TREAT

YOURSELF

TO

SOMETHING SATISFYING

DIET INFORMATION

Level 3 - 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*
Butter*
Ranch Dressing*
Italian Dressing*
Caesar Dressing*
Non-Dairy Creamer*
Half & Half*
Lemon Wedges*
Equal® Sucralose*
Salt*
Black Pepper*
Salt Free Seasoning*

Ketchup*
Light Mayonnaise*
Avocado Yogurt Mayonnaise*
Mustard*
Assorted Diet Jellies*
Peanut Butter (5)
Parmesan Cheese*
Tartar Sauce*
Barbecue Sauce*
Lettuce & Tomato*
Mild Salsa*

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

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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.

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BREAKFAST

Breakfast is available all day.

HOT AND COLD CEREALS

- Oatmeal (27) Grits (21)
- Cream of Wheat (22)
- Cheerios® (14)
- Total® Raisin Bran (26)
- Cinnamon Toast Crunch (22)
- Rice Chex® (16)
- Honey Nut Cheerios® (23)

SIDES

- Cottage Cheese Cup (6)
- Warm Hard-Cooked Egg*
- Seasoned Home Fries (21)
- Bacon*
- Turkey Bacon*
- Turkey Sausage Patty*

SWEETS

- Fresh Banana (27)
- 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)
- Nonfat Strawberry Yogurt (9)
- Nonfat Vanilla Yogurt (9)
- Plain Greek Yogurt (5)

BEVERAGES

- Orange Juice (14)
- Apple Juice (14)
- Cranberry Juice Cocktail (15)
- Skim Milk (11) • Whole Milk (11)
- 2% Reduced Fat Milk (11)
- 1% Chocolate Milk (25)
- Coffee* • Decaf Coffee*
- Tea* • Decaf Tea* • Herbal Tea*
- Diet Hot Chocolate (10)
- Iced Tea* • Iced Decaf Tea*

BREAKFAST ENTRÉES

- Scrambled Eggs*
- Heart Healthy Scrambled Eggs*
- Whole Wheat French Toast (14)
- French Toast (23)
- Home-Style Pancakes (21)
- Home-Style Whole Wheat Pancakes (20)
- Fruit, Granola, Greek Yogurt and Honey (49)

BREAD BASKET

- Whole Grain English Muffin (23)
- English Muffin (23)
- Bagel (33)
- Cinnamon-Raisin Bagel (37)
- Whole Grain Blueberry Muffin (30)
- White Bread (13)
- Whole Wheat Bread (12)

CONDIMENTS

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

LUNCH & DINNER

ENTREE AND SIDE SALADS

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

SOUPS

- Chicken Noodle Soup (13)

*Chicken Noodle Soup available every day

SOUP OF THE DAY

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|-------------------------------------|-------------------------------------|
| Mon: Barley & Mushroom Soup (20) | Fri: Southwest Black Bean Soup (32) |
| Tues: Tomato Basil Soup (20) | Sat: Chicken Noodle Soup (13) |
| Wed: Masala Tomato Lentil Soup (19) | Sun: Chicken Noodle Soup (13) |
| Thurs: Lemon Chicken Orzo Soup (10) | |

SANDWICHES

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

- Roast Turkey Flatbread with Avocado Mayonnaise (26)
- Roast Beef and Cheddar Wrap (35)
- Chicken or Tuna Salad (23)

GRILL

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

- Bacon Cheeseburger with Caramelized Onions (36)
- BBQ Cheddar Grilled Chicken Sandwich (36)
- Hamburger(28) Swissburger(29)

ENTRÉES

See reverse side for salad dressings and condiments.

- Meatloaf (12) Hamburger (28) Roast Turkey*
- Chicken Parmesan (16)
- Grilled Lemon-Rosemary Chicken*
- Chicken & Mushroom Cavatappi (36)
- Orange Salmon*
- Pork Chili Verde (12)
- Vegetable Lasagna (32)
- Baked Macaroni & Cheese (41)
- Tomato, Cheese Flatbread (27)
- Chicken Caesar Salad (27)
- Salmon Caesar Salad (12)
- Asian Chicken Salad (14)
- Fresh Fruit & Cottage Cheese Plate (32)
- Tuna Salad Plate (20)
- Chicken Salad Plate (20)

SIDES

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|----------------------------------|------------------------------------|
| • Creamy Coleslaw(5) | • Confetti Brown Rice (21) |
| • Steamed Fresh Broccoli* | • Crispy Baked French Fries (36) |
| • Fresh Whole Green Beans (7) | • Baked Potato Chips (20) |
| • Carrots (6) | • Reduced Sodium Poultry Gravy (7) |
| • Garlic Roasted Vegetables (8) | • Reduced Sodium Brown Gravy (5) |
| • Vegetable Medley (5) | • Marinara Sauce* |
| • Roasted Sweet Potatoes (19) | |
| • Buttery Whole Grain Penne (20) | |
| • Mashed Potatoes (21) | |

BREAD BASKET

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|--------------------------------|-------------------------------|
| • Honey Wheat Dinner Roll (20) | • Garlic Herb Breadstick (28) |
| • White Dinner Roll (17) | • Saltine Crackers (5) |
| • Whole Wheat Bread (12) | |
| • White Bread (13) | |

SWEETS

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|------------------------------|----------------------------|
| • Sugar Free Red Gelatin* | • Fresh Fruit Salad (9) |
| • Sugar Free Citrus Gelatin* | • Fresh Banana (27) |
| • Vanilla Ice Cream (16) | • Fresh Orange (12) |
| • Chocolate Ice Cream (17) | • Fresh Apple (17) |
| • Diet Fruit Ice (19) | • Fresh Berries Cup (7) |
| • Sliced Peaches (11) | • Fresh Cantaloupe Cup (6) |
| • Applesauce (14) | • Fresh Honeydew Cup (6) |
| • Sliced Pears (13) | • Red Grapes (10) |
| • Mandarin Oranges (9) | • Fresh Pineapple Cup (9) |

BEVERAGES

- | | |
|---------------------------------|---------------------------|
| • Skim Milk (11) | • Coffee* |
| • 2% Reduced Fat Milk (11) | • Decaf Coffee* |
| • Whole Milk (11) | • Tea* |
| • 1% Chocolate Milk (25) | • Decaffeinated Tea* |
| • Iced Tea* | • Herbal Tea* |
| • Iced Decaf Tea* | • Diet Hot Chocolate (10) |
| • Orange Juice (14) | |
| • Apple Juice (14) | |
| • Cranberry Juice Cocktail (15) | |