



DIET INFORMATION

Heart Healthy Diet

A heart healthy diet helps to lower cholesterol levels in the blood. Whole grains, healthy fats, fruits, vegetables, and lean proteins are encouraged. Salt and fat are limited to promote heart health.

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

CONDIMENTS

Margarine
Low Sodium French Dressing
Low Sodium Italian Dressing
Non-Dairy Creamer
Lemon Wedges
Honey
Sugar
Equal® Sucralose

Black Pepper
Salt Free Seasoning
Reduced Calorie Ketchup
Light Mayonnaise
Low Sodium Mustard
Assorted Jellies
Parmesan Cheese
Lettuce & Tomato

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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.

BREAKFAST

Breakfast is available all day.

HOT AND COLD CEREALS

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

SIDES

- Warm Hard-Cooked Egg
- Seasoned Home Fries
- Turkey Bacon

SWEETS

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

BEVERAGES

- Orange Juice
- Apple Juice
- Cranberry Juice Cocktail
- Skim Milk
- Coffee
- Decaf Coffee
- Tea
- Decaf Tea
- Herbal 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

BUILD YOUR OMELET

Heart Healthy Eggs

Cheese:

Swiss

Toppings (Choose up to three):

Mushrooms - Onions - Green Peppers

CONDIMENTS

- Margarine
- Light Cream Cheese
- Assorted Jellies
- Non Dairy Creamer
- Lemon Wedges
- Honey
- Sugar
- Equal® Sucralose
- Black Pepper
- Salt Free Seasoning
- Reduced Calorie Ketchup
- Pancake Syrup
- Light Brown Sugar
- Raisins

LUNCH & DINNER

ENTREE AND SIDE SALADS

Tossed Salad with Tomato and Cucumber
Caesar Side Salad

BREAD BASKET

English Muffin - Dinner Roll - Bagel - Flour Tortilla
Cinnamon Raisin Bagel - Blueberry Muffin - White/Wheat Bread

SOUP OF THE DAY

Monday: Barley & Mushroom Soup

Tuesday: Tomato Basil Soup

Wednesday: Masala Tomato Lentil Soup

Thursday: Lemon Chicken Orzo Soup

Friday: Southwest Black Bean Soup

Saturday: Chicken Noodle Soup

Sunday: Chicken Noodle Soup

SANDWICHES

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

- Roast Turkey Flatbread with Avocado Mayonnaise
- Roast Beef and Cheddar Wrap
- Chicken Salad Sandwich
- Tuna Salad Sandwich

GRILL

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

- Swissburger on Wheat Roll
- Grilled Chicken Sandwich on Wheat Roll
- Classic Hamburger/ Gardenburger

ENTRÉES

See reverse side for salad dressings and condiments.

Meatloaf - Hamburger - Chicken Nuggets

Roast Turkey - Chicken Parmesan

Grilled Lemon Rosemary Chicken

Chicken & Mushroom Cavatappi

Orange Salmon

Pork Chili Verde

Vegetable Lasagna

Baked Macaroni & Cheese

Tomato, Basil & Cheese Flatbread

Chicken Caesar Salad

Fresh Fruit & Cottage Cheese Plate

Tuna Salad Plate - Chicken Salad Plate

SIDES

- Creamy Coleslaw
- Steamed Fresh Broccoli
- Fresh Whole Green Beans
- Carrots
- Garlic Roasted Vegetables
- Vegetable Medley
- Roasted Sweet Potatoes
- Buttery Whole Grain Penne
- Confetti Brown Rice
- Baked Potato Chips
- Reduced Sodium Poultry Gravy
- Reduced Sodium Brown Gravy
- Marinara Sauce

BREAD BASKET

- Honey Wheat Dinner Roll
- White Dinner Roll
- Whole Wheat Bread
- White Bread
- Saltine Crackers with Unsalted Top

BUILD YOUR ENTREE

Build Your Own Sandwich

Bread (Choose one):

White

Wheat or Rye

Protein (Choose one):

Roasted Turkey Grilled Chicken

Sliced Ham Roast Beef Chicken Salad

Tuna Salad PB&J

Cheese (Choose one):

Swiss

Toppings (Choose up to three):

Lettuce - Tomato - Red Onion

Build Your Own Pasta

Penne Pasta w/ Garlic Bread Stick

Pasta Sauce (Choose one):

Home-Style Marinara

Meat Sauce

Pasta Toppings (Choose up to three):

Grilled Chicken Broccoli Mushrooms

Green Peppers Onions

SWEETS

- Peach Cobbler
- Chocolate Pudding
- Red Gelatin
- Citrus Gelatin
- Orange Sherbet
- Cherry Water Ice
- Sliced Peaches - Sliced Pears
- Applesauce - Mandarin Oranges
- Fresh Fruit Salad
- Fresh Banana
- Fresh Orange
- Fresh Apple
- Fresh Berries Cup
- Fresh Cantaloupe Cup
- Fresh Honeydew Cup
- Red Grapes
- Fresh Pineapple Cup