



TREAT YOURSELF

TO

SOMETHING SATISFYING

DIET INFORMATION

Post Surgical Bland Diet

A Post Surgical Bland diet is an intermediate step to a regular diet. This diet limits fat, fiber, raw fruits and vegetables and heavily spiced foods. You may order from any of these menu options. Enjoy!

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

CONDIMENTS

Margarine
low-fat Italian Dressing
Non-Dairy Creamer
Lemon Wedges
Honey
Sugar
Equal® Sucralose
Salt

Salt-Free Seasoning
Light Mayonnaise
Mustard
Assorted Jellies
Peanut Butter
Parmesan Cheese
Lettuce

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.

TREAT YOURSELF

BREAKFAST

Breakfast Is Available All Day!

HOT AND COLD CEREALS

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

BREAKFAST ENTREES

- Scrambled Eggs
- Heart Healthy Scrambled Eggs
- Thick Sliced French Toast
- Home-Style Pancakes
- Fruit, Granola, Greek Yogurt and Honey

SIDES

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

BUILD YOUR OMELET

Protein (Choose one):
Regular eggs
Heart Healthy eggs

Cheese (Choose one):
Cheddar Swiss

Toppings (Choose up to three):
Ham - Mushrooms - Onions - Green Peppers

SWEETS

- Nonfat Strawberry Yogurt
- Nonfat Vanilla Yogurt
- Plain Greek Yogurt

CONDIMENTS

- Margarine
- Light Cream Cheese
- Assorted Jellies
- Peanut Butter
- Non Dairy Creamer
- Honey
- Sugar
- Equal® Sucralose
- Salt
- Salt Free Seasoning
- Pancake Syrup

BEVERAGES

- Apple Juice
- Cranberry Juice - Grape Juice
- Prune Juice
- Lactaid - Skim Milk
- 2% Milk
- Chocolate Milk
- Decaf Coffee
- Unsweetened Tea / Decaf
- Decaf Tea

LUNCH & DINNER

ENTREE AND SIDE SALADS

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: Chicken Noodle Soup

Wednesday: Chicken Noodle Soup

Thursday: Lemon Chicken Orzo Soup

Friday: Southwest Black Bean Soup

Saturday: Chicken Noodle Soup

Sunday: Chicken Noodle Soup

*Chicken Noodle Soup available every day

DELI SANDWICHES

White or Whole Wheat Bread available.
Condiments: Lettuce

- Roast Turkey Flatbread

GRILL

- Grilled Cheese
- Grilled Ham & Cheese
- Classic Hamburger
- Grilled Breast of Chicken

ENTREES

See reverse side for salad dressings and condiments.

Meatloaf - Hamburger

Chicken Nuggets - Roast Turkey

Grilled Lemon Rosemary Chicken

Baked Macaroni & Cheese

SIDES

- Creamy Coleslaw
- Steamed Fresh Broccoli
- Fresh Whole Green Beans
- Carrots
- Vegetable Medley
- Roasted Sweet Potatoes
- Mashed Potatoes
- Buttery Whole Grain Penne
- Crispy Baked French Fries
- Baked Potato Chips

BREAD BASKET

- White Dinner Roll
- Whole Wheat Bread
- White Bread
- Saltine Crackers

BUILD YOUR ENTREE

Build Your Own Sandwich

Bread (Choose one):
White
Wheat or Rye

Protein (Choose one):
Roasted Turkey Grilled Chicken
Sliced Ham PB&J

Cheese (Choose one):
American Cheddar Swiss

Toppings (Choose up to three):
Leaf Lettuce Red Onion Sliced Pickles

Build Your Own Pasta

Base (Choose one):
Penne Pasta

Pasta Sauce (Choose one):
Classic Alfredo

Pasta Toppings (Choose up to three):
Grilled Chicken Broccoli Mushrooms
Green Peppers Onions

SWEETS

- Apple Crisp
- Peach Cobbler
- Vanilla Pudding
- Red Gelatin
- Vanilla Ice Cream
- Cherry Fruit Ice
- Sliced Peaches
- Applesauce
- Sliced Pears