



TREAT

YOURSELF

TO

SOMETHING SATISFYING

DIET INFORMATION

Regular Diet

A regular diet has no restrictions. You may order from any of our menu options. Enjoy!

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
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.

TREAT

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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®
- Honey Nut Cheerios®

SIDES

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

SWEETS

- Fresh Orange
- Fresh Apple
- Fresh Fruit Salad
- Fresh 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 - Grape Juice
- Prune Juice - Tomato - V8
- Lactaid - Skim Milk
- 2% Milk - Whole Milk
- Chocolate Milk
- Coffee - Decaf Coffee
- Unsweetened Tea / Decaf Tea
- Sweet Tea / Decaf Tea
- Hot Chocolate Mix

BREAKFAST ENTREES

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

BUILD YOUR OMELET

Protein (Choose one):
Regular eggs
Heart Healthy eggs

Cheese (Choose one):
Cheddar American Swiss

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

CONDIMENTS

- Margarine
- Butter
- Light Cream Cheese
- Cream Cheese
- Assorted Jellies
- Peanut Butter
- Non Dairy Creamer
- Half & Half
- Lemon Wedge
- 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

- Asian Chicken Salad
- Tossed Salad with Tomato and Cucumber
- Caesar Side Salad - Tossed Garden 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
- *Chicken Noodle Soup available every day

DELI SANDWICHES

White or Whole Wheat Bread available.
Condiments: Lettuce, Tomato, Ketchup,

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

GRILL

- Grilled Cheese - Grilled Breast of Chicken - Grilled Ham&Cheese
- Bacon Cheeseburger with Caramelized Onions
- BBQ Cheddar Grilled Chicken Sandwich
- Classic Hamburger/ Cheeseburger / Gardenburger

ENTREES

See reverse side for salad dressings and condiments.

- Meatloaf - Hamburger - Philly Cheesesteak
- 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
- Mashed Potatoes
- Buttery Whole Grain Penne
- Confetti Brown Rice
- Crispy Baked French Fries
- 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
- Garlic Herb Breadstick
- 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 Roast Beef Chicken Salad
Tuna Salad PB&J

Cheese (Choose one):
American Cheddar Swiss

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

Build Your Own Pasta or Pizza

Base (Choose one):
Penne Pasta w/ Garlic Bread Stick
Personal Cheese Pizza

Pasta Sauce (Choose one):
Home-Style Marinara Classic Alfredo
Meat Sauce

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

Pizza Toppings (Choose up to three):
Pepperoni Sausage Bacon Mushrooms
Onion Green Pepper

SWEETS

- Chocolate Chip Cookie
- Oatmeal Raisin Cookie
- Fudge Brownie
- Apple Crisp
- Peach Cobbler
- Vanilla Pudding
- Chocolate Pudding
- Red Gelatin
- Citrus Gelatin
- Vanilla Ice Cream
- Chocolate Ice Cream
- Orange Sherbet
- Cherry Water Ice
- Sliced Peaches
- Applesauce
- Sliced Pears
- Mandarin Oranges
- Fresh Fruit Salad