

# ALWAYS AVAILABLE

## BREAKFAST

### CEREALS

cheerios (14) | corn flakes (19)  
rice krispies (16) | total raisin bran (29)  
  
apple cinnamon cream of wheat (18)  
grits (21) | oatmeal (19)

### BAKERY

banana muffin (35) | blueberry muffin (33)  
cranberry orange muffin (39)

### FRUIT

fruit & honey yogurt crunch (42)  
seasonal fruit cup (18) | peaches (10)

### GRILL

bacon (0) | breakfast potatoes (24)  
cinnamon french toast (23)  
buttermilk pancakes (16)  
scambled eggs (2) | sausage link (1)  
turkey sausage patty (0)

## LUNCH & DINNER

### SOUP

chicken noodle (8) | tomato basil (20)  
seasonal special

### SANDWICH

BISTRO TURKEY, turkey, swiss, lettuce,  
tomato, mayo, whole wheat (30)  
  
CLASSIC CHICKEN SALAD, housemade  
chicken salad, lettuce, tomato, multi-grain (27)

### DESSERT

banana pudding parfait (22) | mini apple pie (69)  
peanut butter brownie bite (30)  
sugar cookie (21) | chocolate chip cookie (24)  
dirt pudding cup with gummy worms (50)

### GRILL

DELUXE HAMBURGER, grilled burger,  
lettuce, tomato, onion, brioche (43)  
CAPRESE MELT, mozzarella, basil, tomato,  
pesto, sourdough (48)  
TEXAS TOAST GRILLED CHEESE (43)  
GRILLED CHICKEN SANDWICH, grilled  
chicken, lettuce, tomato, onion, brioche (42)  
GRILLED CHICKEN QUESADILLA (37)  
CHEESE QUESADILLA (36)  
GRILLED CHICKEN BREAST (0)  
SALMON (1)  
CHEESE OR PEPPERONI PIZZA (74)  
DINO CHICKEN NUGGETS (21)  
TATER TOTS OR FRENCH FRIES (17)

## BEVERAGES

### TEA

iced | hot

### HOT

COCOA (13)

### MILK

skim | 2% (12)

### JUICE

apple (13) | grape (17)  
orange (13)



# MENU

PEDIATRIC

6:30 AM - 6:30 PM  
MONDAY - SUNDAY

## TO PLACE YOUR ORDER

A patient dining associate will  
visit you to take your orders  
for the following day.  
Should you be unable to place  
your orders at the bedside  
call extension 08185 or  
919-350-8185.





YOUR DIET, LIKE YOUR MEDICATION, IS AN IMPORTANT PART OF YOUR TREATMENT AND MAY SPEED YOUR RECOVERY.

YOU WILL RECEIVE THE DIET ORDERED BY YOUR DOCTOR, WHO MAY TRANSITION YOUR DIET THROUGH YOUR STAY.

# DAILY SPECIALS

## SUNDAY

**BREAKFAST**

**CLASSIC AMERICAN BREAKFAST**  
scrambled egg (2), bacon (0), breakfast potatoes (24)

**LUNCH**

**ITALIAN MEATBALL** (4)  
rotini (35), marinara (3), italian chopped side salad (6)

**DINNER**

**HAMBURGER** (41)  
potato wedges (19), broccoli (7)

## MONDAY

**BREAKFAST**

**MINI CHICKEN BISCUITS** (21)  
scrambled eggs (2), bacon (0)

**LUNCH**

**DINO NUGGETS** (21)  
**WITH BBQ SAUCE** (10)  
mac & cheese (22), butter corn (18)

**DINNER**

**CHICKEN QUESADILLA** (37)  
steamed green beans (5)

## TUESDAY

**BREAKFAST**

**SILVER DOLLAR PANCAKES** (33)  
scrambled eggs (2), sausage link (1)

**LUNCH**

**HAMBURGER SLIDERS** (49)  
tater tots (17), broccoli (7)

**DINNER**

**ROASTED TURKEY**  
mashed potato bowl, gravy (40)

## WEDNESDAY

**BREAKFAST**

**NITTY GRITTY BOWL** (14)  
cheese grits, cheddar, scrambled egg, bacon

**LUNCH**

**CHEESE QUESADILLA** (36)  
caramelized carrots (8)

**DINNER**

**CHEESEBURGER SLIDERS** (50)  
tater tots (17), steamed broccoli (5)

## THURSDAY

**BREAKFAST**

**SCRAMBLED EGG** (2)  
sausage link (1), tater tots (17)

**LUNCH**

**GRILLED CHEESE & TOMATO SOUP** (59)  
with goldfish crackers, broccoli & cauliflower (8)

**DINNER**

**CHICKEN SANDWICH** (42)  
kettle chips (20)

## FRIDAY

**BREAKFAST**

**FRENCH TOAST STICKS** (29)  
scrambled eggs (2), bacon (0)

**LUNCH**

**CHEESE DIPPERS WITH MARINARA** (46)  
steamed broccoli (7)

**DINNER**

**DINO NUGGETS** (21)  
tater tots (17), caramelized carrots (12)

## SATURDAY

**BREAKFAST**

**SCRAMBLED EGGS** (2)  
sausage link (1), tater tots (17)

**LUNCH**

**CHICKEN POT PIE** (17)  
peas, green beans, creamy sauce, pie crust, steamed broccoli (7)

**DINNER**

**LASAGNA ROLL UP** (22)  
hearty meat sauce, sautéed zucchini (2)