

ALWAYS AVAILABLE

BREAKFAST

- CEREALS

CHEERIOS (14) | CORN FLAKES (19)

RICE KRISPIES (16)

CREAM OF WHEAT (21)

OATMEAL (19) | GRITS (21)

BAKERY

ENGLISH MUFFIN (30)

WHITE (14) OR WHEAT (12) TOAST
- FRUIT

VANILLA YOGURT (15)

SEASONAL FRUIT CUP (18) | PEACHES (10)

GRILL

BACON (0)

CINNAMON FRENCH TOAST (23)

BUTTERMILK PANCAKES (16)

SCRAMBLED EGGS (2) | SAUSAGE LINK (1)

TURKEY SAUSAGE PATTY (0)

LUNCH & DINNER

- SALAD

BERRY FIELDS, FETA, STRAWBERRIES, BLUEBERRIES, CANDIED PECANS, SPRING MIX (15)

HARVEST CHICKEN SALAD, HOUSEMADE CHICKEN SALAD, PICKLED ONIONS, MANDARINS, ALMONDS, SPINACH (22)

CHICKEN CAESAR, GRILLED CHICKEN, PARMESAN, TOMATO, CROUTONS, ROMAINE (15)

MEDITERRANEAN CRUNCH, FETA, CUCUMBER, TOMATO, OLIVE, PICKLED ONION, PITA CHIPS, SPRING MIX (25)

SANDWICH

TURKEY, LETTUCE, TOMATO, MAYO, SLICED WHITE BREAD (30)

CLASSIC CHICKEN SALAD, HOUSEMADE CHICKEN SALAD, LETTUCE, TOMATO, MULTI-GRAIN (27)

MEDITERRANEAN VEGGIE WRAP, HUMMUS, FETA, CUCUMBER, RED PEPPER, TOMATO, TORTILLA (47)
- SOUP

CHICKEN NOODLE (8) | TOMATO BASIL (20)

SEASONAL SPECIAL

GRILL

DELUXE HAMBURGER, GRILLED BURGER, LETTUCE, TOMATO, ONION, BRIOCHE (43)

CAPRESE MELT, MOZZARELLA, BASIL, TOMATO, PESTO, SOURDOUGH (48)

GRILLED CHICKEN SANDWICH, GRILLED CHICKEN, LETTUCE, TOMATO, ONION, BRIOCHE (42)

GRILLED CHICKEN QUESADILLA, GRILLED CHICKEN, CHEDDAR, FLOUR TORTILLA (37)

GRILLED CHICKEN BREAST (0) | **SALMON** (1)

DESSERT

PUDDING: VANILLA OR CHOCOLATE (14/11)

ICE CREAM: VANILLA OR CHOCOLATE (14/18)

STRAWBERRY JELLO (1)

VANILLA WAFERS (13)

BEVERAGES

- COFFEE

TEA

ICED | HOT

HOT

COCOA

MILK

SKIM | 2%

JUICE

APPLE | GRAPE

ORANGE

BELIEVE IN THE POWER OF

food

MENU

CONSISTENT CARBOHYDRATE

HOURS

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, TURKEY
SAUSAGE PATTY, BREAKFAST
POTATOES

LUNCH
ITALIAN MEATBALLS
ROTINI, MARINARA, ITALIAN
CHOPPED SIDE SALAD

DINNER
SESAME GINGER
CHICKEN & RICE
SESAME GINGER GLAZED
CHICKEN, EDAMAME FRIED
RICE, HIBACHI VEGETABLES

MONDAY

BREAKFAST
BISCUIT & GRAVY
BUTTERMILK BISCUIT,
SCRAMBLED EGG,
COUNTRY GRAVY

LUNCH
SMOKEHOUSE
BBQ PORK
PULLED PORK, MAC & CHEESE,
RED CABBAGE SLAW,
HONEY-KISSED CORNBREAD

DINNER
CAJUN CHICKEN PASTA
BLACKENED CHICKEN,
SAUSAGE, ROTINI, PEPPERS &
ONIONS, MUSHROOMS, WHITE
WINE CREAM SAUCE

TUESDAY

BREAKFAST
LEMON RICOTTA
PANCAKES
SCRATCH PANCAKES,
BLUEBERRY COMPOTE

LUNCH
BEEF STROGANOFF
BUTTERED EGG NOODLES,
CARAMELIZED CARROTS

DINNER
ROASTED TURKEY
GRAVY, CORNBREAD STUFFING,
HERB GREEN BEANS

WEDNESDAY

BREAKFAST
NITTY GRITTY
BOWL
CHEESE GRITS, CHEDDAR,
SCRAMBLED EGG, TURKEY
SAUSAGE PATTY, SCALLIONS

LUNCH
TOMATO BASIL
CHICKEN
ROTINI, ITALIAN SAUTÉED
ZUCCHINI, PARMESAN

DINNER
HOMESTYLE
MEATLOAF
SMASHED POTATOES, RANCH
BROCCOLI, GRAVY

THURSDAY

BREAKFAST
BREAKFAST
SKILLET
HOMESTYLE POTATOES,
PEPPERS & ONIONS,
SCRAMBLED EGG,
TURKEY SAUSAGE PATTY

LUNCH
GRILLED CHICKEN
TOMATO SPINACH RICE,
BROCCOLI & CAULIFLOWER

DINNER
WILD MUSHROOM
RISOTTO & GRILLED
CHICKEN
SHITTAKE MUSHROOM RISOTTO,
SOY GINGER

FRIDAY

BREAKFAST
FRENCH TOAST
SCRAMBLED EGGS,
TURKEY SAUSAGE PATTY

LUNCH
CARIBBEAN CHICKEN
YELLOW RICE, BLACK BEANS

DINNER
BEEF BURGUNDY
BRAISED BEEF, HERB CITRUS
CRUNCH, ROSEMARY POLENTA,
CARAMELIZED CARROTS &
PEARL ONIONS

SATURDAY

BREAKFAST
SPINACH & PARMESAN
EGG BITE
CHEESY SPINACH EGG BITE,
RED POTATO HASH, TURKEY
SAUSAGE PATTY

LUNCH
CHICKEN POT PIE
PEAS, GREEN BEANS, CREAMY
SAUCE, PIE CRUST, STEAMED
BROCCOLI

DINNER
LASAGNA ROLL UP
HEARTY MEAT SAUCE,
SAUTÉED ZUCCHINI