

ALWAYS AVAILABLE

BREAKFAST

CEREALS

APPLE CINNAMON CREAM OF WHEAT
OATMEAL | GRITS

FRUIT & YOGURT

PEARS | PEACHES | BANANA | APPLESAUCE
ASSORTED YOGURTS

ENTRÉE

CHOPPED PANCAKE
PUREE WAFFLE
SCRAMBLED EGGS
TURKEY SAUSAGE
COUNTRY GRAVY

LUNCH & DINNER

SOUP

CHICKEN BROTH | TOMATO BASIL

ENTRÉE

CHOPPED SALMON
GROUND CHICKEN
GROUND CHICKEN SALAD
PUREE TURKEY
PUREE CHICKEN
PUREE PORK
PUREE BEEF

SIDES

MASHED POTATOES
GREEN BEANS
CARROTS
CHOPPED MACARONI & CHEESE
CHICKEN GRAVY | DEMI GLACE

DESSERT

PUDDING: VANILLA OR CHOCOLATE
ICE CREAM: VANILLA OR CHOCOLATE
GELATIN: STRAWBERRY OR ORANGE

BEVERAGES

COFFEE

TEA
ICED | HOT

HOT
COCOA

MILK
SKIM | 2%

JUICE
APPLE | GRAPE
ORANGE

BELIEVE IN
THE POWER OF
food

MENU

DYSPHAGIA II

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**

SCRAMBLED EGG
TURKEY SAUSAGE, APPLE
CINNAMON CREAM OF WHEAT
- LUNCH**

ITALIAN MEATBALLS
ROTINI, MARINARA
- DINNER**

SESAME GINGER
CHICKEN & RICE
MASHED POTATOES, LEMON
PEPPER CARROTS

MONDAY

- BREAKFAST**

SCRAMBLED EGG
TURKEY SAUSAGE, GRITS
- LUNCH**

SMOKEHOUSE
BBQ PORK
PULLED PORK, MASHED
POTATO, CARAMELIZED ONION
- DINNER**

SOUTHWESTERN
CHICKEN
MASHED POTATOES, LEMON
PEPPER GREEN BEANS

TUESDAY

- BREAKFAST**

SCRAMBLED EGG
TURKEY SAUSAGE, APPLE
CINNAMON CREAM OF WHEAT
- LUNCH**

CHICKEN BREAST
BUTTERED EGG NOODLES,
CARAMELIZED CARROTS
- DINNER**

ROASTED TURKEY
GRAVY, MASHED POTATOES,
HERB GREEN BEANS

WEDNESDAY

- BREAKFAST**

SCRAMBLED EGG
TURKEY SAUSAGE, APPLE
CINNAMON CREAM OF WHEAT
- LUNCH**

TOMATO BASIL
CHICKEN
ROTINI, ITALIAN SAUTÉED
ZUCCHINI
- DINNER**

HOMESTYLE
MEATLOAF
MASHED POTATOES, BROCCOLI,
GRAVY

THURSDAY

- BREAKFAST**

SCRAMBLED EGG
TURKEY SAUSAGE, APPLE
CINNAMON CREAM OF WHEAT
- LUNCH**

ROTISSERIE CHICKEN
MASHED POTATOES, LEMON
PEPPER CARROTS
- DINNER**

CHICKEN
MASHED POTATOES, ZUCCHINI

FRIDAY

- BREAKFAST**

SCRAMBLED EGG
TURKEY SAUSAGE, APPLE
CINNAMON CREAM OF WHEAT
- LUNCH**

CARIBBEAN CHICKEN
MASHED POTATOES, LEMON
PEPPER GREEN BEANS
- DINNER**

BEEF BURGUNDY
BRAISED BEEF, CARAMELIZED
CARROTS, MASHED POTATOES

SATURDAY

- BREAKFAST**

SCRAMBLED EGG
TURKEY SAUSAGE, GRITS
- LUNCH**

CHICKEN POT PIE
PEAS, GREEN BEANS, CREAMY
SAUCE, STEAMED BROCCOLI
- DINNER**

LASAGNA ROLL UP
SAUTÉED ZUCCHINI