

# ALWAYS AVAILABLE

## BREAKFAST

- CEREALS**  
APPLE CINNAMON CREAM OF WHEAT  
OATMEAL | GRITS

**BAKERY**  
BANANA MUFFIN | BLUEBERRY MUFFIN  
CRANBERRY ORANGE MUFFIN
- FRUIT & YOGURT**  
PEARS | PEACHES | BANANA | APPLESAUCE  
ASSORTED YOGURTS

**GRILL**  
BREAKFAST POTATOES  
BUTTERMILK PANCAKES  
SCRAMBLED EGGS  
TURKEY SAUSAGE

## LUNCH & DINNER

- SOUP**  
CHICKEN NOODLE | TOMATO BASIL  
SEASONAL SPECIAL

**ENTRÉE**  
CHICKEN SALAD  
CHOPPED CHICKEN  
CHOPPED BEEF PATTY WITH GRAVY  
CHOPPED SALMON
- SIDES**  
CHOPPED CARROTS  
MASHED POTATOES  
CHOPPED MACARONI & CHEESE  
CHOPPED GREEN BEANS

**DESSERT**  
PUDDING: VANILLA OR CHOCOLATE  
ICE CREAM: VANILLA OR CHOCOLATE  
GELATIN: RED OR ORANGE

## BEVERAGES

- COFFEE

TEA  
ICED | HOT

HOT  
COCOA

MILK  
SKIM | 2%

JUICE  
APPLE | GRAPE  
ORANGE

BELIEVE IN  
THE POWER OF  
*food*

**MENU**  
DYSPHAGIA III

**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.



morrison  
healthcare





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, LEMON  
PEPPER GREEN BEANS
- DINNER**

SESAME GINGER  
CHICKEN  
MASHED POTATOES, LEMON  
PEPPER GREEN BEANS

## MONDAY

- BREAKFAST**

SCRAMBLED EGG  
TURKEY SAUSAGE, GRITS
- LUNCH**

SMOKEHOUSE  
BBQ PORK  
PULLED PORK, MAC & CHEESE,  
CARMELIZED CARROTS
- DINNER**

CHICKEN THIGH  
MASHED POTATOES, LEMON  
PEPPER CARROTS

## TUESDAY

- BREAKFAST**

LEMON RICOTTA  
PANCAKES  
SCRATCH PANCAKES,  
LEMON PUDDING
- LUNCH**

CHICKEN THIGH  
BUTTERED EGG NOODLES,  
CARMELIZED 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**

GRILLED CHICKEN  
MASHED POTATOES, SAUTÉED  
ZUCCHINI

## FRIDAY

- BREAKFAST**

SCRAMBLED EGG  
TURKEY SAUSAGE, GRITS
- LUNCH**

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

BEEF BURGUNDY  
BRAISED BEEF, CARMELIZED  
CARROTS

## SATURDAY

- BREAKFAST**

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

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

LASAGNA ROLL UP  
HEARTY MEAT SAUCE,  
SAUTÉED ZUCCHINI