

ALWAYS AVAILABLE

BREAKFAST

- CEREALS**
CHEERIOS | CORN FLAKES
RICE KRISPIES | TOTAL RAISIN BRAN

APPLE CINNAMON CREAM OF WHEAT
OATMEAL | GRITS

BAKERY
ENGLISH MUFFIN
WHITE OR WHEAT TOAST
- FRUIT**
FRUIT & HONEY YOGURT CRUNCH
SEASONAL FRUIT CUP | PEACHES

GRILL
BREAKFAST POTATOES
CINNAMON FRENCH TOAST
BUTTERMILK PANCAKES
SCRAMBLED EGGS
TURKEY SAUSAGE PATTY

LUNCH & DINNER

- SOUP**
CHICKEN NOODLE
SEASONAL SPECIAL

SALAD
BERRY FIELDS, FETA, STRAWBERRIES,
BLUEBERRIES, CANDIED PECANS, SPRING MIX

CHICKEN CAESAR, GRILLED CHICKEN,
PARMESAN, TOMATO, CROUTONS, ROMAINE

CHICKEN SALAD

SANDWICH
BISTRO TURKEY, TURKEY, SWISS, LETTUCE,
TOMATO, MAYO, WHOLE WHEAT

CLASSIC CHICKEN SALAD, HOUSEMADE CHICKEN
SALAD, LETTUCE, TOMATO, MULTI-GRAIN
- GRILL**
DELUXE HAMBURGER, WHOLE WHEAT BUN
GRILLED CHICKEN SANDWICH, GRILLED
CHICKEN, LETTUCE, TOMATO, ONION, BRIOCHE
GRILLED CHICKEN BREAST | SALMON

DESSERT
PUDDING: VANILLA OR CHOCOLATE
GELATIN: STRAWBERRY OR ORANGE
VANILLA WAFERS

BEVERAGES

- COFFEE
- TEA
ICED | HOT
- HOT
COCOA
- MILK
SKIM | 2%
- JUICE
APPLE | GRAPE
ORANGE



MENU

LOW FAT LOW SODIUM

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, BREAKFAST
POTATOES

LUNCH
ITALIAN MEATBALLS
ROTINI, MARINARA, ITALIAN
CHOPPED SIDE SALAD

DINNER
ROASTED CHICKEN
THIGH
EDAMAME FRIED RICE,
HIBACHI VEGETABLES

MONDAY

BREAKFAST
TOASTED ENGLISH
MUFFIN
SCRAMBLED EGG

LUNCH
SMOKEHOUSE
BBQ PORK
PULLED PORK, BROCCOLI RICE
CASSEROLE, RED CABBAGE
SLAW, HONEY-KISSED
CORNBREAD

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

TUESDAY

BREAKFAST
SCRAMBLED EGGS
RED POTATO HASH, TURKEY
SAUSAGE PATTY

LUNCH
BEEF STROGANOFF
BUTTERED EGG NOODLES,
CARAMELIZED CARROTS

DINNER
ROASTED CHICKEN
BREAST
GRAVY, CORNBREAD STUFFING,
HERB GREEN BEANS

WEDNESDAY

BREAKFAST
NITTY GRITTY
BOWL
GRITS, 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
ROTISSERIE CHICKEN
WHITE RICE, BROCCOLI &
CAULIFLOWER

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

FRIDAY

BREAKFAST
FRENCH TOAST
CINNAMON VANILLA,
SCRAMBLED EGGS

LUNCH
CARIBBEAN CHICKEN
YELLOW RICE, BLACK BEANS,
CARIBBEAN FRUIT SALSA

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
SOUTHWESTERN
CHICKEN BREAST
STEAMED BROCCOLI, RICE
PILAF WITH MUSHROOMS

DINNER
LASAGNA ROLL UP
HEARTY MEAT SAUCE,
SAUTÉED ZUCCHINI