

ALWAYS AVAILABLE

BREAKFAST

CEREALS

CHEERIOS | CORN FLAKES
RICE KRISPIES | TOTAL RAISIN BRAN

APPLE CINNAMON CREAM OF WHEAT
OATMEAL | GRITS

BAKERY

BANANA MUFFIN | BLUEBERRY MUFFIN
CRANBERRY ORANGE MUFFIN

FRUIT

FRUIT & HONEY YOGURT CRUNCH | PEACHES
SEASONAL FRUIT CUP | COTTAGE CHEESE

GRILL

BREAKFAST POTATOES
CINNAMON FRENCH TOAST
BUTTERMILK PANCAKES
SCRAMBLED EGGS | VEGGIE SAUSAGE PATTY
CURRIED TOFU SCRAMBLE

LUNCH & DINNER

SOUP

TOMATO BASIL

SALAD

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

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

SANDWICH

MEDITERRANEAN VEGGIE WRAP, HUMMUS,
FETA, CUCUMBER, RED PEPPER, TOMATO,
TORTILLA

GRILL

SPICED IMPOSSIBLE BURGER, LETTUCE,
TOMATO, ONION, BRIOCHE
CAPRESE MELT, MOZZARELLA, BASIL, TOMATO,
PESTO, SOURDOUGH
GRILLED QUESADILLA, CHEDDAR, FLOUR
TORTILLA
GRILLED CHEESE SANDWICH

DESSERT

BANANA PUDDING PARFAIT | MINI APPLE PIE
PEANUT BUTTER BROWNIE BITE
SUGAR COOKIE | CHOCOLATE CHIP COOKIE

BEVERAGES

COFFEE

TEA
ICED | HOT

HOT
COCOA

MILK
SKIM | 2%

JUICE
APPLE | GRAPE
ORANGE

BELIEVE IN
THE POWER OF
food

MENU

VEGETARIAN

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
MUSHROOM RAGU
ROTINI, MARINARA, LEMON
PEPPER GREEN BEANS

DINNER
SESAME GINGER TOFU
& RICE
EDAMAME FRIED RICE,
HIBACHI VEGETABLES

MONDAY

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

LUNCH
BBQ TOFU RIBS
MAC & CHEESE, RED CABBAGE
SLAW, HONEY-KISSED
CORNBREAD

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

TUESDAY

BREAKFAST
LEMON RICOTTA
PANCAKES
SCRATCH PANCAKES,
BLUEBERRY COMPOTE,
LEMON PUDDING

LUNCH
MEDITERRANEAN
VEGGIE WRAP
CARAMELIZED CARROTS

DINNER
MEDITERRANEAN
CRUNCH SALAD
CORNBREAD STUFFING, HERB
GREEN BEANS

WEDNESDAY

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

LUNCH
IMPOSSIBLE PATTY
ROTINI, ITALIAN SAUTÉED
ZUCCHINI, PARMESAN

DINNER
MEDITERRANEAN
VEGGIE WRAP
RANCH BROCCOLI

THURSDAY

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

LUNCH
CURRIED TOFU
SCRAMBLE
TOMATO SPINACH RICE,
BROCCOLI & CAULIFLOWER

DINNER
WILD MUSHROOM
RISOTTO & CRISPY
BAKED TOFU
SHITAKE MUSHROOM RISOTTO,
SOY GINGER

FRIDAY

BREAKFAST
FRENCH TOAST
BREAD PUDDING
BAKED CINNAMON SPICED
BRIOCHE

LUNCH
GRILLED PORTOBELLO
MUSHROOM
YELLOW RICE, BLACK BEANS,
CARIBBEAN FRUIT SALSA

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

SATURDAY

BREAKFAST
SPINACH & PARMESAN
EGG BITE
CHEESY SPINACH EGG BITE,
RED POTATO HASH

LUNCH
SPICED IMPOSSIBLE
BURGER
LETTUCE, TOMATO, BROCCOLI

DINNER
LASAGNA ROLL UP
SAUTÉED ZUCCHINI