



Dysphagia II Menu

We Believe in the Power of Food

Our Patient Dining Associate will deliver all meals at a prescribed time to your room. If you would like to adjust your meal selections, a Patient Dining Associate will come to your room to take your order for the next day's meals.

To ensure timely delivery, all orders should be placed the night before for Breakfast, by 10 AM for Lunch, and by 3 PM for Dinner.

Should you be unable to place your orders at bedside, call

Cary Hospital: x02357 using hospital phone or **919-350-2357** using personal phone

Raleigh Campus: x08185 using hospital phone or **919-350-8185** using personal phone.

Sunday

Breakfast

Scrambled Eggs
Apple Cinnamon
Cream of Wheat
Diced Pears
Vanilla Yogurt

Lunch

Ground Beef Pot Roast with Demi-Glace
Mashed Potatoes
Chopped Carrots with Fresh Herbs
Applesauce with Cinnamon
Cookies & Cream Mousse

Dinner

Ground Tomato Basil Chicken Breast
Chopped Penne Pasta
Pureed Broccoli
Applesauce with Cinnamon
Vanilla Pudding

Monday

Breakfast

Scrambled Egg
Chopped Turkey Sausage with Gravy
Pureed Waffle
Vanilla Yogurt

Lunch

Ground Chicken Breast with Marsala Mushroom Sauce
Mashed Potatoes with Gravy
Chopped Roasted Zucchini
Applesauce
Sherbet

Dinner

Ground Italian Meatballs with Chopped Penne Pasta & Pureed Marinara Sauce
Pureed Broccoli
Pureed Peaches
Italian Ice

Tuesday

Breakfast

Scrambled Eggs with Cheese
Apple Cinnamon
Cream of Wheat
Diced Pears
Vanilla Yogurt

Lunch

Chopped Meatloaf
Mashed Potatoes
Chopped Green Beans
Applesauce
Vanilla Pudding

Dinner

Ground Grilled Chicken
Chopped Macaroni & Cheese
Pureed Green Beans
Pureed Pears
Chocolate Ice Cream

Wednesday

Breakfast

Scrambled Eggs
Apple Cinnamon
Cream of Wheat
Diced Peaches
Vanilla Yogurt

Lunch

**Ground Roasted Pork
Loin with Pan Gravy**
Chopped Egg Noodles
Pureed Carrots
Applesauce with
Cinnamon

Dinner

**Ground Chili & Cumin
Braised Beef**
Mashed Potatoes with Gravy
Chopped Green Beans
Pureed Pears
Vanilla Pudding

Thursday

Breakfast

Scrambled Eggs
Pureed Sausage with
Gravy
Diced Pears
Apple Cinnamon
Cream of Wheat

Lunch

Ground Roast Turkey with Gravy
Mashed Potatoes
Chopped Seasoned Green Beans
Applesauce
Italian Ice

Dinner

**Ground Carolina BBQ
Pork**
Mashed Sweet Potatoes
Pureed Broccoli
Diced Peaches
Vanilla Pudding

Friday

Breakfast

Scrambled Eggs
Pureed Chopped Turkey
Sausage with Gravy
Pureed Pears
Apple Cinnamon Cream
of Wheat

Lunch

**Chopped Smothered
Pork Chop with Gravy**
Mashed Potatoes
Chopped Caramelized
Carrots
Applesauce
Vanilla Ice Cream

Dinner

**Ground Chicken Breast
with Gravy**
Mashed Potatoes
Chopped Seasoned
Green Beans
Pureed Peaches
Vanilla Ice Cream

Saturday

Breakfast

**Scrambled Eggs with
Cheese**
Diced Peaches
Apple Cinnamon Cream
of Wheat
Vanilla Yogurt

Lunch

Ground Grilled Chicken
Mashed Potatoes
Chopped Carrots with
Fresh Herbs
Applesauce with Cinnamon
Vanilla Pudding

Dinner

**Chopped Lasagna with
Marinara**
Pureed Broccoli
Diced Pears
Citrus Mousse



Alternative Selections

Breakfast

Available 6:30am - 9:30am

Hot Cereals:

Grits, Oatmeal, Apple
Cinnamon Cream of
Wheat

Grill:

Scrambled Eggs
Pureed French Toast
Pureed Waffle
Chopped Turkey Sausage
with Gravy

Assorted Yogurts:

Strawberry
Raspberry
Light Vanilla

Fruit:

Peaches, Pears
Banana
Applesauce

Lunch & Dinner

Available 11am - 6:30pm

Soups

Strained Chicken Noodle
Pureed Tomato

Entrees

Chopped Salmon
with Spices,
Ground Chicken
with Gravy,
Chopped Penne
Pasta with
Marinara

Desserts

Ice Cream: Vanilla,
Chocolate, Orange
Sherbet, Italian Ice
Pudding: Vanilla,
Chocolate
Gelatin: Red,
Orange
(Regular or Sugar-
Free)

Sides

Chopped Macaroni & Cheese
Mashed Potatoes
Pureed White Rice
Pureed Brocoli
Chopped Green Beans
Chopped Carrots

Beverages

Coffee: Regular, Decaffeinated

Tea: Regular Hot Tea, Decaffeinated Hot Tea,
Unsweetened Iced Tea, Sweet Iced Tea

Hot Cocoa

Juice: Apple, Orange, Grape, Prune

Milk: Skim, 2%

