



# Mechanical Soft 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**  
Chopped Turkey  
Sausage with Gravy  
Grits  
Diced Pears

#### Lunch

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

#### Dinner

**Chopped Chopped Tomato Basil Chicken Breast**  
Penne Pasta  
Zucchini with Tomato  
Applesauce with Cinnamon  
Vanilla Pudding

### Monday

#### Breakfast

**Scrambled Eggs**  
Pancakes  
Chopped Turkey  
Sausage with Gravy  
Apple Cinnamon Cream of Wheat

#### Lunch

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

#### Dinner

**Chopped Italian Meatballs with Penne Pasta & Marinara**  
Carrots with Fresh Herbs  
Diced Peaches  
Brownie

### Tuesday

#### Breakfast

**Scrambled Eggs with Cheese**  
Biscuit with Gravy  
Apple Cinnamon Cream of Wheat  
Diced Pears

#### Lunch

**Chopped Meatloaf**  
Mashed Potatoes  
Fresh Steamed Broccoli  
Applesauce  
Banana Pudding Parfait

#### Dinner

**Chopped Grilled Chicken**  
Macaroni & Cheese  
Roasted Zucchini  
Chocolate Ice Cream  
Diced Pears

# Wednesday

## Breakfast

**Scrambled Eggs**  
Chopped Turkey  
Sausage with Gravy  
Grits  
Diced Peaches

## Lunch

**Chopped Roasted Pork  
Loin with Pan Gravy**  
Tomato & Spinach  
Brown Rice  
Roasted Ginger Carrots  
Sweet Cinnamon Apples

## Dinner

**Chopped Latin Braised  
Beef**  
White Rice  
Chopped Roasted  
Tomatoes  
Diced Pears  
Angel Food Cake

# Thursday

## Breakfast

**Breakfast Skillet**  
(Home-Style Potatoes,  
Peppers and Onions,  
Scrambled Eggs)  
Chopped Turkey Sausage  
with Gravy  
Apple Cinnamon Cream of  
Wheat  
Diced Pears

## Lunch

**Chopped Roast Turkey**  
Mashed Potatoes  
Seasoned Green Beans  
Applesauce  
Brownie

## Dinner

**Chopped Carolina BBQ  
Pork**  
Mashed Sweet Potatoes  
Fresh Steamed Broccoli  
Applesauce with  
Cinnamon  
Peach Cobbler

# Friday

## Breakfast

**Banana Fosters French  
Toast**  
Scrambled Eggs  
Chopped Turkey  
Sausage with Gravy

## Lunch

**Chopped Smothered  
Pork Chop with Gravy**  
White Rice  
Caramelized Carrots  
Applesauce  
Vanilla Ice Cream

## Dinner

**Chopped Grilled  
Chicken**  
White Rice  
Seasoned Green Beans  
Diced Peaches  
Vanilla Ice Cream

# Saturday

## Breakfast

**Scrambled Eggs with  
Cheese**  
Chopped Turkey  
Sausage with Gravy  
Grits  
Diced Peaches

## Lunch

**Chopped Grilled Chicken**  
Mashed Potatoes  
Carrots with Fresh Herbs  
Applesauce with Cinnamon  
Brownie

## Dinner

**Chopped Lasagna with  
Marinara**  
Roasted Zucchini  
Diced Pears  
Citrus Mousse



# Alternative Selections

## Breakfast

Available 6:30am - 9:30am

### Hot Cereals:

Grits, Oatmeal, Apple  
Cinnamon Cream of  
Wheat

### Cold Cereals:

Rice Krispies, Rice Chex, Cheerios,  
Cornflakes, Frosted Flakes

### Bakery:

Blueberry Muffin  
Biscuit

### Grill:

Scrambled Eggs  
Pancakes, French Toast  
Biscuit & Gravy, Tofu Scramble

### Assorted Yogurts:

Strawberry, Raspberry  
Light Vanilla

### Fruit:

Peaches, Pears  
Whole Fruit: Banana, Orange

## Lunch & Dinner

Available 11am - 6:30pm

### Soups

Chicken Noodle  
Tomato

### Sandwiches

Turkey & Swiss Cheese  
Ham & American Cheese  
Chicken Salad  
Tuna Salad  
Peanut Butter & Jelly

### Hot Grill

Hamburger  
Cheeseburger  
Grilled Cheese  
Cheese Quesadilla

### Comfort Food

Chopped Chicken Breast  
Macaroni & Cheese  
Olive Oil & Lemon Baked Salmon  
Penne Pasta with Marinara

### Sides

Mac & Cheese  
Mashed Potatoes  
White Rice  
Broccoli  
Green Beans  
Carrots  
Dinner Roll

### Desserts

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

## 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%

