



Consistent Carbohydrate 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

Classic American Breakfast

Scrambled Eggs (2)
Turkey Sausage (0)
Total Cereal (18)
Grits (22)
Diced Pears (17)

Lunch

Beef Pot Roast with Demi-Glace (3)

Mashed Potatoes (18)
Carrots with Fresh Herbs (15)
Applesauce with Cinnamon (13)

Dinner

Tomato Basil Chicken Breast (5)

Penne Pasta (21)
Zucchini with Tomato (7)
Dinner Roll (15)
Fruit Cup (14)

Monday

Breakfast

Pancakes (38)

Scrambled Eggs (2)
Turkey Sausage (0)
Diced Pears (17)

Lunch

Chicken Breast with Marsala Mushroom Sauce (7)

Garlic & Herb Roasted Potatoes (22)
Italian Vegetables (10)
Vanilla Wafers (14)

Dinner

Italian Meatballs with Penne Pasta & Marinara (31)

Side Salad (2)
Dinner Roll (15)
Pineapple (11)

Tuesday

Breakfast

1/2 English Muffin (13)

Scrambled Eggs With Cheese (3)
Total Cereal (18)
Pineapple (11)

Lunch

Meatloaf (6)

Mashed Potatoes (18)
Fresh Steamed Broccoli (7)
Fruit Cup (14)

Dinner

Oven Fried Chicken Breast (5)

Macaroni & Cheese (14)
Fresh Braised Greens (8)
Grapes (12)
Vanilla Wafers (14)

Wednesday

Breakfast

Scrambled Eggs (2)

Grits (15)

Biscuit (24)

Fruit Cup (14)

Lunch

Roasted Pork Loin w/ Gravy (2)

Tomato & Spinach Brown

Rice (27)

Broccoli & Carrots

Cauliflower Medley (16)

Sweet Cinnamon Apples (19)

Dinner

Latin Braised Beef Bowl (11)

Cilantro Rice (27)

Black Beans (18)

Roasted Tomatoes (2)

Banana (27)

Thursday

Breakfast

Breakfast Skillet

(Home-Style Potatoes,

Peppers & Onions,

Scrambled Eggs) (17)

Turkey Sausage (0)

Total Cereal (18)

Banana (27)

Lunch

Roast Turkey Breast (4)

Cornbread Dressing (27)

Seasoned Green Beans (5)

Fruit Cup (14)

Dinner

Carolina BBQ Pork (18)

Mashed Sweet Potatoes (23)

Steamed Broccoli (7)

Fruit Cup (14)

Friday

Breakfast

French Toast (34)

Scrambled Eggs (2)

Turkey Sausage (0)

Diced Pears (17)

Lunch

Smothered Pork Chop (17)

White Rice (23)

Caramelized Carrots (11)

Fruit Cup (14)

Dinner

Chicken & Mushroom Stir-Fry (4)

Vegetable Fried Rice (19)

Pineapple (22)

Vanilla Wafers (14)

Saturday

Breakfast

Scrambled Eggs with Cheese (3)

Grits (21)

Turkey Sausage (0)

Total Cereal (18)

Fruit Cup (14)

Lunch

Chicken Pot Pie (18)

Fresh Steamed Broccoli (7)

Applesauce with Cinnamon (13)

Dinner

Lasagna with Marinara (17)

Italian Vegetables (10)

Grapes (12)

Citrus Mousse (9)



Alternative Selections

Breakfast

Available 6:30am - 9:30am

Hot Cereals:

Grits (21), Oatmeal (19)
Apple Cinnamon Cream of Wheat (25)

Cold Cereals:

Rice Krispies (16), Total (18), Rice Chex (17)
Cheerios (14), Cornflakes (15)

Bakery:

English Muffin (25)
Biscuit (24)
Plain Bagel (37)

Grill:

Scrambled Eggs (2)
Pancakes (19), French Toast (34)
Biscuit & Gravy (31), Tofu Scramble (34)
Breakfast Potatoes (24)
Bacon (0), Turkey Bacon (0)
Sausage Link (1), Turkey Sausage (0)

Yogurt:

Fruit, Granola & Yogurt Parfait (30)
Assorted Yogurts: Strawberry (25),
Raspberry (27), Light Vanilla (18)

Fruit:

Fresh Fruit Cup (18), Peaches (15), Pears (17)
Whole fruit: Apple (18), Orange (15), Banana (27)

Lunch & Dinner

Available 11am - 6:30pm

Salads & Soups

Chicken Noodle Soup (9)
Tomato Soup (15)
Chicken Caesar Salad (16)
Chef Salad (4), Side Salad (2)
Cottage Cheese & Fruit Plate (44)
Dressings: Ranch (3), Italian (3)
Caesar (3), Balsamic (5)

Comfort Food

Grilled Chicken
w/ Herbs(0)
Macaroni &
Cheese (42)
Mediterranean
Salmon (2)
Penne Pasta with
Marinara (30)

Sandwiches

Turkey & Swiss Cheese (28)
Ham & American Cheese (30)
Chicken Salad (29)
Tuna Salad (30)
Peanut Butter & Sugar Free
Jelly (43)

Sides

Mac & Cheese (14)
Mashed Potatoes (18)
White Rice (23)
Broccoli (4)
Green Beans (5)
Carrots (8)
Dinner Roll (15)

Hot Grill

Hamburger (39)
Cheeseburger (40)
Grilled Chicken Sandwich
(40)
Plant Based Burger (45)
Grilled Cheese (33)
Quesadilla: Cheese (36)
Chicken (37)

Desserts

Vanilla Wafers (14)
Ice Cream: Reduced
Sugar Vanilla (14),
Reduced Sugar
Chocolate (18)
Sugar Free Popsicles (3)
Gelatin: Sugar-Free
Orange (2), Red (3)

Beverages

Coffee (0): Regular, Decaffeinated

Tea (0): Regular Hot Tea, Decaffeinated Hot Tea,
Unsweetened Iced Tea

Sugar Free Hot Cocoa (4)

Juice: Apple (13), Orange (13), Grape (17), Prune (20)

Milk (12) : Skim, 2%

