

Pediatrics Menu

Our Patient Dining Associate will deliver all meals to your room at a prescribed time. 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.

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

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

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

The number in () is the grams of carbohydrate in each item.

Sunday

Breakfast

Scrambled Eggs (2)
Sautéed Breakfast Potatoes (24)
Bacon (0)
Cheerios (14)
Banana (27)

Lunch

Hamburger with Lettuce and Tomato (35)
Mashed Potatoes (18)
Carrots with Herbs (8)
Apple (18)
Cookies & Cream Mousse (14)

Dinner

Chicken Parmigiana (16)
Penne Pasta (21)
Zucchini with Tomato (7)
Sugar Cookie (21)
Fruit Cup (14)

Monday

Breakfast

Pancakes (38)
Scrambled Eggs (2)
Sausage (1)
Cheerios (14)
Banana (27)

Lunch

Chicken Tenders (24)
French Fries (19)
Roasted Zucchini (3)
Apple (18)
Orange Sherbet (26)

Dinner

Italian Meatballs with Penne Pasta & Marinara (31)
Side Salad (2)
Dinner Roll (15)
Pineapple (11)
Brownie (31)

Tuesday

Breakfast

Scrambled Eggs with Cheese (2)
Biscuit with Gravy (31)
Cheerios (14)
Pineapple (11)

Lunch

Hamburger with Lettuce & Tomato (35)
French Fries (19)
Fresh Steamed Broccoli (7)
Apple (18)
Banana Pudding Parfait (22)

Dinner

Oven Fried Chicken (5)
Roasted Zucchini (3)
Macaroni & Cheese (14)
Red Grapes (12)
Chocolate Chip Cookie (18)



Wednesday

Breakfast

Cinnamon French Toast (25)
Scrambled Eggs (2)
Cheerios (14)
Fruit Cup (14)

Lunch

Cheese Quesadilla (36)
Broccoli & Carrot Cauliflower
Medley (16)
Sweet Cinnamon Apples (19)

Dinner

Cheeseburger (35)
French Fries (19)
Side Salad (2)
Ranch Dressing (1)
Banana (27)
Angel Food Cake with Whipped
Topping (30)

Thursday

Breakfast

Scrambled Eggs (2)
Sautéed Breakfast Potatoes (24)
Sausage (1)
Cheerios (14)
Banana (27)

Lunch

Roast Turkey Breast (4)
Mashed Potatoes (18)
Seasoned Green Beans (5)
Apple (18)
Brownie (31)

Dinner

Cheese Pizza (37)
Fresh Steamed Broccoli (7)
Fruit Cup (14)
Peach Cobbler (27)

Friday

Breakfast

Banana Fosters French
Toast (68)
Scrambled Eggs (2)
Bacon (0)
Cheerios (14)
Pears (17)

Lunch

Cheese Pizza (46)
Caramelized Carrots (11)
Apple (18)
Blueberry Crisp (24)

Dinner

Chicken Tenders (24)
French Fries (19)
Seasoned Green Beans (5)
Pineapple (11)
Vanilla Ice Cream (16)

Saturday

Breakfast

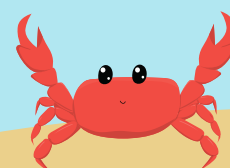
Scrambled Eggs with
Cheese (2)
Sautéed Breakfast
Potatoes (24)
Sausage (1)
Cheerios (14)
Fruit Cup (14)

Lunch

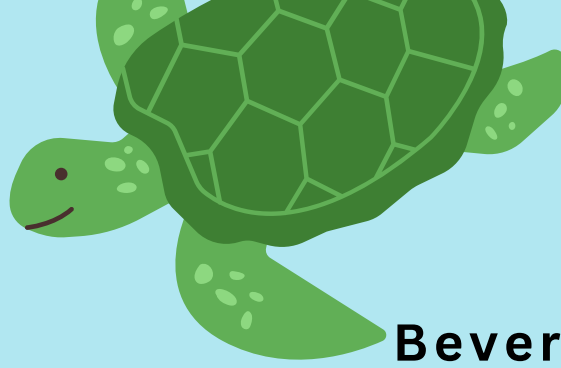
Chicken Pot Pie (18)
Fresh Steamed Broccoli (7)
Apple (18)
Brownie & Strawberry
Delight (36)

Dinner

Lasagna with Marinara
Sauce (17)
Roasted Zucchini (3)
Dinner Roll (15)
Red Grapes (12)
Citrus Mousse (9)



Alternative Selections



Breakfast

Oatmeal (19), Grits (21)
Apple Cinnamon Cream of Wheat (25), Scrambled Eggs (2), French Toast (34)
Pancakes (38), Turkey Bacon (0), Bacon (0)
Sausage Link (1), Turkey Sausage (0)
Blueberry Muffin (32), English Muffin (25)
Bagel (37), Biscuit (24)

Assorted Cold Cereal:

Rice Krispies (16), Rice Chex (17)
Cheerios (14), Cornflakes (15)
Frosted Flakes (24), Total (18)

Whole Fruit: Banana (27), Apple (18), Orange (15), Fresh Fruit Cup (14)

Salads & Soups

Chicken Noodle (9), Tomato (15)
Chicken Caesar Salad (16), Chef Salad (4)

Dressings:

Ranch (3), Italian (3), Caesar (3), Balsamic (5)

Sandwiches

Turkey & Swiss Cheese (28), Ham & American Cheese (30), Chicken Salad (29), Tuna Salad (30)
Peanut Butter & Jelly (53)

Hot Grill

Hamburger (39), Cheeseburger (40)
Grilled Chicken Sandwich (40), Plant Based Burger (45), Grilled Cheese (33)

Quesadilla: Cheese (36), Chicken (37)
Chicken Tenders (24)

Pizza

Cheese (37), Pepperoni (37)

Comfort Foods

17 Spice Grilled Chicken (2), Macaroni & Cheese (42), Olive Oil & Lemon Baked Salmon (2), Penne Pasta with Marinara (51)

Sides

Mac & Cheese (14), Mashed Potatoes (18), White Rice (23), Broccoli (4), Green Beans (5)
Carrots(8), French Fries (19), Dinner Roll (15)
Side Salad (2)

Beverages

Coffee(0): Regular, Decaf

Tea(0): Unsweetened Iced Tea (0), Sweet Iced Tea (23), Hot Tea (0), Decaf Hot Tea (0)

Hot Chocolate: Regular (12), Sugar-Free (4)

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

Milk: Whole (12), Skim (12), 2% (12)
Vanilla Soy (18)

Desserts

Angel Food Cake with Whipped Topping (30)

Cookies: Chocolate Chip (18), Sugar (21)
Vanilla Wafers (14)

Gelatin: Orange, Red

Regular (23), Sugar-Free (3)

Pudding: Chocolate, Vanilla
Regular (20), Sugar-Free (14)

Ice Cream: Vanilla (16), Chocolate (19)
Italian Ice (37)

Popsicle: Regular (9), Sugar-Free (3)

Snacks

Saltine Crackers (4), Graham Crackers (11)
Peanut Butter Sandwich Crackers (23)
String Cheese (1), Cottage Cheese (5)
Peaches (15), Pears (17)

Pretzels (23), Baked Potato Chips (25)

Assorted Yogurts: Strawberry (25), Raspberry (27), Light Vanilla (18)

Clear Liquids

Juice: Apple (13), Grape (17)

Hot Beverages: Regular Coffee, Decaffeinated Coffee (0) Regular Hot Tea (0), Decaffeinated Hot Tea

Cold Beverages: Unsweet Iced Tea (0)
Sweet Iced Tea (23)

Broth: Beef (1), Chicken (1), Vegetable (4)
Italian Ice (37)

Popsicles: Regular (9), Sugar-Free (3)

Gelatin: Regular (23), Sugar-Free (3)

