



Transitional Diet

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.

Breakfast

Available 6:30am - 9:30am

Hot Cereals:

Apple Cinnamon Cream of Wheat,
Oatmeal, Grits

Cold Cereals:

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

Grill:

Scrambled Eggs
Pancakes, French Toast

Bakery:

Blueberry Muffin
English Muffin
Plain Bagel

Fruit:

Fresh Fruit Cup
Whole Fruit: Apple,
Orange, Banana

Lunch & Dinner

Available 11am - 6:30pm

Soups

Chicken Noodle
Tomato
Chicken Broth
Beef Broth

Comfort Food

Grilled Chicken Breast
Macaroni & Cheese
Olive Oil & Lemon Baked
Salmon

Sandwiches

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

Sides

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

Hot Grill

Grilled Chicken Sandwich
Grilled Cheese

Desserts

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

Beverages

Coffee: Decaffeinated

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

Juice: Apple, Orange, Grape

Milk: Skim, 2%

This therapeutic diet will offer foods that are easy to digest and low in fiber. Decaffeinated beverages will be provided. Highly seasoned, fried, or high fiber foods will not be offered.