



Regular 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
Crispy Bacon
Total Cereal
Grits
Banana

Lunch

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

Dinner

Chicken Parmigiana
Penne Pasta
Zucchini with Tomato
Dinner Roll
Fruit Cup
Sugar Cookie

Monday

Breakfast

Pancakes with Blueberry Compote
Scrambled Eggs
Sausage Link
Cheerios Cereal

Lunch

Chicken Breast with Marsala Mushroom Sauce
Garlic & Herb Roasted Potatoes
Italian Vegetables
Sherbet

Dinner

Italian Meatballs with Penne Pasta & Marinara
Side Salad
Dinner Roll
Pineapple
Brownie

Tuesday

Breakfast

Biscuits and Gravy
Scrambled Eggs with Cheese
Total Cereal
Pineapple

Lunch

Meatloaf
Mashed Potatoes
Fresh Steamed Broccoli
Banana Pudding Parfait

Dinner

Oven Fried Chicken Breast
Macaroni & Cheese
Fresh Braised Greens
Grapes
Chocolate Chip Cookie

Wednesday

Breakfast

Scrambled Eggs
Grits
Biscuit
Cheerios Cereal
Fruit Cup

Lunch

Rotisserie Chicken
Tomato & Spinach
Brown Rice
Broccoli & Carrots
Cauliflower Medley
Sweet Cinnamon Apples

Dinner

Latin Braised Beef Bowl
Cilantro Rice
Black Beans
Roasted Tomatoes
Angel Food Cake with Whipped
Topping & a Strawberry

Thursday

Breakfast

Breakfast Skillet
(Home-Style Potatoes
Peppers & Onions,
Scrambled Eggs)
Sausage Link
Total Cereal
Banana

Lunch

Roasted Turkey Breast
Cornbread Dressing
Seasoned Green Beans
Brownie

Dinner

Carolina BBQ Pork
Mashed Sweet Potatoes
Fresh Steamed Broccoli
Fruit Cup
Peach Cobbler

Friday

Breakfast

**Bananas Foster French
Toast**
Scrambled Eggs
Bacon
Cheerios Cereal

Lunch

Smothered Pork Chop
White Rice
Caramelized Carrots
Blueberry Crisp

Dinner

**Chicken and Mushroom
Stir Fry**
Vegetable Fried Rice
Pineapple
Vanilla Ice Cream

Saturday

Breakfast

Cheesy Scrambled Eggs
Grits
Sausage Link
Total Cereal
Fruit Cup

Lunch

Chicken Pot Pie
Fresh Steamed Broccoli
Brownie Strawberry
Delight

Dinner

Lasagna with Marinara
Italian Vegetables
Dinner Roll
Fresh Grapes
Citrus Mousse



Alternative Selections

Breakfast

Available 6:30am - 9:30am

Hot Cereals:

Grits, Oatmeal
Apple Cinnamon Cream of Wheat

Cold Cereals:

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

Bakery:

Blueberry Muffin
English Muffin
Biscuit, Plain Bagel

Grill:

Scrambled Eggs
Pancakes, French Toast
Biscuit & Gravy, Tofu Scramble
Breakfast Potatoes
Bacon, Turkey Bacon
Sausage Link, Turkey Sausage

Yogurt:

Fruit, Granola & Yogurt Parfait
Assorted Yogurts: Strawberry,
Raspberry, Light Vanilla

Fruit:

Fresh Fruit Cup, Peaches, Pears
Whole Fruit: Apple, Orange, Banana

Lunch & Dinner

Available 11am - 6:30pm

Salads & Soups

Chicken Noodle Soup
Tomato Soup
Chicken Caesar Salad
Chef Salad, Side Salad
Cottage Cheese & Fruit
Plate

Dressings: Ranch,
Italian, Caesar,
Balsamic

Sandwiches

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

Hot Grill

Hamburger
Cheeseburger
Grilled Chicken Sandwich
Plant Based Burger
Grilled Cheese
Quesadilla: Chicken,
Cheese

Pizza

Cheese
Pepperoni
Vegetable

Comfort Food

17 Spice Grilled
Chicken,
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 with
Whip Topping
Cookies: Chocolate
Chip, Sugar, Vanilla
Wafers
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%

