



Renal 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
1/2 Bagel
Grits
Diced Pears
Rice Krispies

Lunch

Beef Pot Roast with Demi-Glace
White Rice
Carrots with Fresh Herbs
Applesauce with Cinnamon

Dinner

Grilled Chicken w/ Herbs
Penne Pasta
Sautéed Zucchini
Applesauce with Cinnamon
Sugar Cookie

Monday

Breakfast

Pancakes with Blueberry Compote
Scrambled Eggs
Diced Pears

Lunch

Grilled Chicken w/ Herbs
White Rice
Roasted Zucchini
Vanilla Wafers

Dinner

Italian Meatballs
Egg Noodles
Side Salad
Pineapple
Italian Ice

Tuesday

Breakfast

Scrambled Eggs
English Muffin
Apple Cinnamon Cream of Wheat
Pineapple

Lunch

Meatloaf
White Rice
Fresh Steamed Broccoli
Applesauce
Vanilla Pudding

Dinner

Oven Fried Chicken
White Rice
Roasted Zucchini
Red Grapes
Vanilla Wafers

Wednesday

Breakfast

Scrambled Eggs
English Muffin
Grits
Diced Peaches

Lunch

Rotisserie Chicken
Penne Pasta
Carrots w/ Fresh Herbs
Applesauce with
Cinnamon

Dinner

Braised Beef
Cilantro Lime Rice
Seasoned Green Beans
Diced Pears
Angel Food Cake

Thursday

Breakfast

Scrambled Eggs
1/2 Bagel
Rice Krispies
Diced Pears

Lunch

Roast Turkey Breast
White Rice
Seasoned Green Beans
Italian Ice

Dinner

Carolina BBQ Pork
White Rice
Fresh Steamed Broccoli
Applesauce with Cinnamon
Peach Cobbler

Friday

Breakfast

Cinnamon French Toast
Scrambled Eggs
Applesauce with
Cinnamon

Lunch

Roasted Pork Loin
White Rice
Caramelized Carrots
Blueberry Crisp

Dinner

Grilled Chicken w/ Herbs
White Rice
Seasoned Green Beans
Pineapple
Vanilla Wafers

Saturday

Breakfast

Scrambled Eggs
English Muffin
Grits
Diced Peaches

Lunch

Chicken Pot Pie
Fresh Steamed Broccoli
Applesauce with
Cinnamon
Vanilla Pudding

Dinner

Beef Alfredo
Roasted Zucchini
Red Grapes
Citrus Mousse



Alternative Selections

Breakfast

Available 6:30am - 9:30am

Hot Cereals:

Grits
Apple Cinnamon Cream of Wheat

Cold Cereals:

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

Bakery:

Blueberry Muffin
English Muffin
Plain Bagel

Grill:

Scrambled Eggs
Pancakes, French Toast
Turkey Bacon
Turkey Sausage

Fruit:

Peaches, Pears
Whole fruit: Apple

Lunch & Dinner

Available 11am - 6:30pm

Salads & Soups

Chicken Noodle Soup
Chicken Caesar Salad
Chef Salad
Side Salad

Dressings: Ranch,
Italian, Balsamic

Sandwiches

Turkey & Swiss Cheese
Chicken Salad
Tuna Salad

Hot Grill

Hamburger
Grilled Chicken
Sandwich

Comfort Food

Grilled Chicken w/
Herbs,
Olive Oil & Lemon
Baked Salmon

Sides

White Rice
Broccoli
Green Beans
Carrots
Dinner Roll

Desserts

Angel Food Cake
Cookies: Sugar, Vanilla
Wafers
Ice Cream: Orange
Sherbet, Italian Ice
Pudding: Vanilla,
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, Grape

Milk: Skim, 2%

