



Dysphagia I 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

Pureed Scrambled Eggs
Apple Cinnamon
Cream of Wheat
Pureed Pears
Vanilla Yogurt

Lunch

Pureed Roast Beef with Gravy
Mashed Potatoes
Pureed Carrots
Applesauce with Cinnamon
Cookies & Cream Mousse

Dinner

Pureed Chicken with Gravy
Pureed Pasta with Marinara Sauce
Pureed Broccoli
Applesauce with Cinnamon
Vanilla Pudding

Monday

Breakfast

Pureed Scrambled Egg
Pureed Waffle
Vanilla Yogurt

Lunch

Pureed Chicken with Gravy
Mashed Potatoes
Pureed Peas
Applesauce
Sherbet

Dinner

Pureed Roast Beef with Gravy
Pureed Pasta with Marinara Sauce
Pureed Broccoli
Pureed Peaches
Italian Ice

Tuesday

Breakfast

Pureed Scrambled Eggs
Apple Cinnamon
Cream of Wheat
Pureed Pears
Vanilla Yogurt

Lunch

Pureed Roast Beef with Gravy
Mashed Potatoes
Pureed Broccoli
Applesauce
Vanilla Pudding

Dinner

Pureed Chicken with Gravy
Pureed Macaroni & Cheese
Pureed Green Beans
Pureed Pears
Chocolate Ice Cream

Wednesday

Breakfast

Pureed Scrambled Eggs

Apple Cinnamon
Cream of Wheat
Pureed Peaches
Vanilla Yogurt

Lunch

Pureed Roast Pork with Pan Gravy

Pureed White Rice
Pureed Carrots
Applesauce with
Cinnamon

Dinner

Pureed Roast Beef with Gravy

Pureed White Rice
Pureed Green Beans
Pureed Pears
Vanilla Pudding

Thursday

Breakfast

Pureed Scrambled Eggs

Pureed Sausage
Pureed Pears
Apple Cinnamon
Cream of Wheat

Lunch

Pureed Turkey with Gravy

Mashed Potatoes
Pureed Green Beans
Applesauce
Italian Ice

Dinner

Pureed Roast Pork with Gravy

Mashed Sweet Potatoes
Pureed Broccoli
Pureed Peaches
Vanilla Pudding

Friday

Breakfast

Pureed Scrambled Eggs

Pureed Sausage
Pureed Pears
Apple Cinnamon Cream
of Wheat

Lunch

Pureed Roast Pork with Gravy

Pureed White Rice
Pureed Carrots
Applesauce
Vanilla Ice Cream

Dinner

Pureed Chicken with Gravy

Pureed White Rice
Pureed Green Beans
Pureed Peaches
Vanilla Ice Cream

Saturday

Breakfast

Pureed Scrambled Eggs

Pureed Mixed Berries
Apple Cinnamon Cream
of Wheat
Vanilla Yogurt

Lunch

Pureed Chicken with Gravy

Mashed Potatoes
Pureed Carrots
Applesauce with Cinnamon
Vanilla Pudding

Dinner

Pureed Roast Beef with Gravy

Pureed Pasta with Marinara
Sauce
Pureed Broccoli
Pureed Pears
Citrus Mousse



Alternative Selections

Breakfast

Available 6:30am - 9:30am

Hot Cereals:

Strained Grits, Oatmeal
Apple Cinnamon Cream of Wheat

Grill:

Pureed Scrambled Eggs
Pureed French Toast
Pureed Waffle
Pureed Pork Sausage

Yogurt:

Vanilla

Fruit:

Pureed Peaches, Pureed Pears
Pureed Mixed Berries
Applesauce
Mashed Banana

Lunch & Dinner

Available 11am - 6:30pm

Soups

Strained Chicken Noodle
Pureed Tomato

Desserts

Ice Cream: Vanilla,
Chocolate, Orange
Sherbet, Italian Ice

Pudding: Vanilla,
Chocolate

Gelatin: Red,
Orange
(Regular or Sugar-
Free)

Entrees

Pureed Chicken
with Gravy,
Pureed Beef
with Gravy,
Pureed Fish

Sides

Pureed Macaroni & Cheese
Pureed White Rice
Mashed Potatoes
Pureed Broccoli
Pureed Green Beans
Pureed Carrots

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%

