



# Dysphagia III 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**  
Chopped Turkey Sausage with Gravy  
Grits  
Banana

#### Lunch

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

#### Dinner

**Chopped Chopped Tomato Basil Chicken Breast**  
Chopped Penne Pasta  
Chopped Zucchini with Tomato  
Applesauce with Cinnamon  
Vanilla Pudding

### Monday

#### Breakfast

**Scrambled Eggs**  
Chopped Turkey Sausage with Gravy  
Breakfast Potatoes  
Apple Cinnamon Cream of Wheat

#### Lunch

**Chopped Chicken Breast with Marsala Mushroom Sauce**  
Mashed Potatoes  
Chopped Roasted Zucchini  
Applesauce  
Sherbet

#### Dinner

**Chopped Italian Meatballs with Chopped Penne Pasta & Marinara Sauce**  
Chopped Carrots with Fresh Herbs  
Diced Peaches  
Italian Ice

### Tuesday

#### Breakfast

**Scrambled Eggs with Cheese**  
Breakfast Potatoes  
Apple Cinnamon Cream of Wheat  
Diced Pears

#### Lunch

**Chopped Meatloaf**  
Mashed Potatoes  
Fresh Steamed Broccoli  
Applesauce  
Banana Pudding Parfait

#### Dinner

**Chopped Grilled Chicken Macaroni & Cheese**  
Chopped Roasted Zucchini  
Diced Pears  
Chocolate Ice Cream

# Wednesday

## Breakfast

**Scrambled Eggs**  
Chopped Turkey  
Sausage with Gravy  
Grits  
Diced Peaches

## Lunch

**Chopped Roasted Pork Loin with Pan Gravy**  
Egg Noodles  
Chopped Ginger Carrots  
Sweet Cinnamon Apples

## Dinner

**Chopped Latin Braised Beef**  
Mashed Potatoes  
Chopped Roasted Tomatoes  
Banana  
Chocolate Pudding

# Thursday

## Breakfast

**Breakfast Skillet**  
(Home-Style Potatoes,  
Peppers & Onions,  
Scrambled Eggs)  
Chopped Turkey with Gravy  
Apple Cinnamon Cream of  
Wheat  
Banana

## Lunch

**Chopped Roast Turkey**  
Mashed Potatoes  
Chopped Seasoned  
Green Beans  
Applesauce  
Italian Ice

## Dinner

**Chopped Carolina BBQ Pork**  
Mashed Sweet Potatoes  
Fresh Steamed Broccoli  
Applesauce with  
Cinnamon  
Peach Cobbler

# Friday

## Breakfast

**Scrambled Eggs**  
Chopped Turkey  
Sausage with Gravy  
Breakfast Potatoes

## Lunch

**Chopped Smothered Pork Chop with Gravy**  
Mashed Potatoes  
Chopped Caramelized  
Carrots  
Applesauce  
Vanilla Ice Cream

## Dinner

**Chopped Chicken Breast with Gravy**  
Mashed Potatoes  
Chopped Seasoned  
Green Beans  
Diced Peaches  
Vanilla Ice Cream

# Saturday

## Breakfast

**Scrambled Eggs with Cheese**  
Chopped Turkey  
Sausage with Gravy  
Grits  
Diced Peaches

## Lunch

**Chopped Grilled Chicken with Gravy**  
Mashed Potatoes  
Chopped Caramelized  
Carrots with Fresh Herbs  
Applesauce with Cinnamon  
Vanilla Pudding

## Dinner

**Chopped Lasagna with Marinara**  
Chopped Roasted  
Zucchini  
Diced Pears  
Citrus Mousse



# Alternative Selections

## Breakfast

Available 6:30am - 9:30am

### Hot Cereals:

Grits, Oatmeal, Apple  
Cinnamon Cream of Wheat

### Grill:

Scrambled Eggs  
Pancakes  
Biscuit & Gravy  
Breakfast Potatoes  
Chopped Sausage

### Assorted Yogurts:

Strawberry  
Raspberry  
Light Vanilla

### Fruit:

Peaches, Pears  
Banana  
Applesauce

### Bakery:

Blueberry Muffin  
Biscuit

## Lunch & Dinner

Available 11am - 6:30pm

### Soups

Chicken Noodle  
Tomato

### Sandwiches:

Chicken Salad  
Tuna Salad

### Comfort Food:

Chopped  
Chicken Breast  
with Gravy,  
Chopped Beef  
with Gravy,  
Macaroni &  
Cheese,  
Chopped  
Salmon with  
Spices,  
Penne Pasta  
with Marinara

### Sides

Macaroni & Cheese  
Mashed Potatoes  
Steamed Brocoli  
Chopped Green Beans  
Chopped Penne with  
Marinara

### Desserts

Angel Food Cake  
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%

