



Low Fat, Low Sodium 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

Classic American Breakfast
Scrambled Eggs
Breakfast Potatoes
Total Cereal
Banana

Lunch

Beef Pot Roast with Demi-Glace
White Rice
Carrots with Fresh Herbs
Citrus Gelatin
Fresh Apple

Dinner

Tomato Basil Chicken Breast
Penne Pasta
Zucchini with Tomato
Dinner Roll
Fruit Cup

Monday

Breakfast

Pancakes with Blueberry Compote
Scrambled Eggs
Total Cereal

Lunch

Grilled Chicken w/ Herbs
Garlic & Herb Roasted Potatoes
Italian Vegetables
Banana
Vanilla Wafers

Dinner

Grilled Chicken w/ Herbs
Penne Pasta & Marinara
Carrots with Fresh Herbs
Pineapple
Italian Ice

Tuesday

Breakfast

Scrambled Eggs
English Muffin
Pineapple
Total Cereal

Lunch

Meatloaf
White Rice
Fresh Steamed Broccoli
Fresh Orange Wedges

Dinner

Oven Fried Chicken Breast
Rice
Fresh Braised Greens
Grapes
Vanilla Wafers

Wednesday

Breakfast

Scrambled Eggs
English Muffin
Total Cereal
Fruit Cup

Lunch

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

Dinner

Latin Braised Beef
Cilantro Rice
Roasted Tomatoes
Banana

Thursday

Breakfast

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

Lunch

Roast Turkey Breast
White Rice
Seasoned Green Beans
Fresh Orange Wedges
Italian Ice

Dinner

Carolina BBQ Pork
Mashed Sweet Potatoes
Fresh Steamed Broccoli
Fruit Cup

Friday

Breakfast

**Banana Fosters French
Toast**
Scrambled Eggs
Total Cereal

Lunch

Roasted Pork Loin
White Rice
Caramelized Carrots
Banana

Dinner

**Grilled Chicken with
herbs**
White Rice
Seasoned Green Beans
Pineapple

Saturday

Breakfast

Scrambled Eggs
Breakfast Potatoes
Total Cereal
Fruit Cup

Lunch

Grilled Chicken w/ Herbs
Brown Rice
Fresh Steamed Broccoli
Fresh Orange Wedges
Applesauce with
Cinnamon

Dinner

Lasagna with Marinara
Italian Vegetables
Dinner Roll
Grapes
Sherbet



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
Plain Bagel

Grill:

Scrambled Eggs
Pancakes, French Toast
Breakfast Potatoes
Turkey Bacon
Turkey Sausage

Yogurt:

Fruit, Granola & Yogurt Parfait

Assorted Yogurts:

Strawberry, Raspberry
Light Vanilla

Fruit:

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

Lunch & Dinner

Available 11am - 6:30pm

Salads & Soups

Chicken Noodle Soup
Chicken Caesar Salad
Side Salad
Cottage Cheese &
Fruit Plate
Dressings: Ranch

Sandwiches

Turkey
Chicken Salad
Tuna Salad
Peanut Butter & Jelly

Hot Grill

Grilled Chicken
Sandwich

Comfort Food

Grilled Chicken w/ Herbs
Penne Pasta with Marinara

Sides

Mashed Potatoes
White Rice, Broccoli
Green Beans, Carrots
Dinner Roll

Desserts

Angel Food Cake with
Whip Topping & a
Strawberry
Cookies: Vanilla Wafers
Ice Cream: Reduced
Sugar Vanilla, Reduced
Sugar Chocolate
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

