

HOW TO PLACE YOUR ORDER

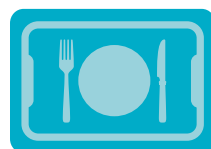
We are pleased to offer Room Service Dining for our patients. Our dining program lets you choose meals from many options. This can make it feel as if you were eating at your favorite restaurant.



When you are ready to order your meals, give us a call at the number on the front page of this menu. If your doctor has ordered a special diet, our Room Service Operators can help with your choices.

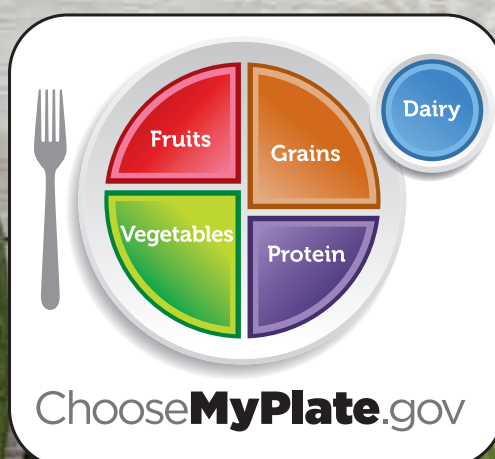


Your meal will be delivered to your room within an hour.



Guest Meals can be purchased. Guest meals include one entrée, two sides, one dessert and drinks at a cost of \$5.99 per tray. We are unable to take cash. Debit and Credit card only.

ALLERGY WARNING: If you feel your meal may contain a food item that will cause an allergic reaction please inform our staff. All food and meals are stored and cooked in the same kitchen. Care is taken to ensure cooking surfaces and equipment are cleaned between meals to avoid contamination.



EXPLANATIONS OF YOUR PRESCRIBED DIET

House Diet

A diet where you can choose any foods on the menu.

Consistent Carbohydrate Diet

(For blood sugar control or diabetes) - A diet with a certain number of carbohydrate (carbs) at each meal.

Mediterranean Diet

A heart healthy diet lower in saturated fats and sodium.

Renal Diet (CKD or Dialysis)

A diet that limits potassium, phosphorus and sodium (salt). Some foods high in these are tomato products, potatoes, bananas, oranges, dairy, soy, and beans. Protein is also limited on the CKD diet.

Soft and Bite Sized

Meals with soft, tender, and moist foods cut in bite-sized pieces.

Minced and Moist

Meals with soft, tender, and moist foods which need little chewing.

GLUTEN FREE ITEMS

BREAKFAST

Scrambled Eggs
Omelet
Home Fried Potatoes

CEREALS

Cheerios®
Rice Chex®
Cream of Rice

YOGURT

Fruit & Yogurt Parfait
Greek Yogurt
(Vanilla, Strawberry, Blueberry)

GF BREADS

Blueberry Muffin
White Bread
Bun

GF DESSERTS

Cookies
Carrot Cupcake
Gelatin
Fresh Fruit

ENTRÉE SALADS

Chef Salad
Chicken Caesar Salad
Dressings: Ask when Calling

GRILL/DELI

Hamburger
Cheeseburger
Grilled Cheese
Turkey
Tuna Salad
Chicken Salad

SIDE DISHES

Carrots
Green Beans
Broccoli
Zucchini
Baked Potato
Mashed Sweet Potatoes
Rice

ENTRÉES

BBQ Chicken
Asian Stir Fry over Rice
Napa Valley Glazed Salmon
Pasta with Marinara Sauce



Atrium Health
Wake Forest Baptist

MENU

ROOM SERVICE DINING

Room Service Hours 6:30 AM and 7:00 PM

To place an order:

**Wake Forest Baptist
Medical Center**
Internal: 6-5900
External: 336-716-5900

High Point Medical Center
Internal: 8-6368
External: 336-878-6368

Lexington Medical Center
Internal: 6-5700
External: 336-716-5700

Davie Medical Center
Internal: 6-5000
External: 336-716-5000

If your doctor has ordered a special diet,
our Room Service Operators can help with your choices

JUICES & FRUITS	
JUICE:	Orange, Apple, Cranberry, Prune
FRESH FRUIT:	Apple, Banana, Strawberries, Grapes, Fresh Fruit Cup
CANNED FRUIT:	Applesauce, Peaches, Pears, Mandarin Oranges

HOT CEREALS	
	Grits <i>(Plain or Cheese)</i>
	Oatmeal

COLD CEREALS	
	Corn Flakes®, Frosted Flakes®
	Rice Krispies®, Froot Loops®
	Cheerios®, Rice Chex®
	Raisin Bran®

YOGURT	
	Greek Yogurt
	<i>(Vanilla, Strawberry, Blueberry)</i>
	Vanilla Yogurt Parfait
	Toppings: Strawberries, Bananas, Peaches, Blueberries, Granola

BREADS & BAKERY	
	Bagel
	Buttermilk Biscuit
	Toast (White or Wheat)
	English Muffin
	Blueberry Muffin
	Apple Cinnamon Muffin

LIQUID DIETS	
CLEAR LIQUID DIET	
BROTH:	Vegetable, Beef, Chicken
JUICE:	Apple, Cranberry
GELATIN:	Berry, Citrus
	<i>(Reg or SF)</i>

ITALIAN ICE	
COFFEE	<i>(Reg or Decaf)</i>
HOT TEA	<i>(Reg or Decaf)</i>
ICED TEA	<i>(Sweet or Un-Sweet)</i>
GINGER ALE	<i>(Reg or Diet)</i>
GATORADE®	

If your Physician has prescribed a modified diet, some items may not be available.

MORNING FARE	
	Scrambled Eggs
	Scrambled Eggs with Cheese
	Scrambled Egg Whites
	Texas French Toast
	Buttermilk Pancake
	<i>(Plain or Blueberry)</i>
	Vegan Pancake
	Cold Hard Boiled Egg
	Biscuit and Pepper Gravy
BREAKFAST SIDES:	
	Breakfast Sausage Link
	Pork Sausage Patty
	Tator Tots
	Home Fried Potatoes
	with Onions, Parsley and Paprika.

OMELET SHOPPE	
	Bacon
	Cottage Cheese
	Pepper Gravy
OMELET EXTRAS:	
	Cheddar Cheese, American Cheese, Mozzarella Cheese
	Diced Onion
	Chopped Green Pepper
	Mushrooms
	Diced Tomato, Diced Ham

FULL LIQUID DIET	
<i>Includes All Clear Liquid Diet Items Plus the Following:</i>	
	Tomato Soup
	Grits, Oatmeal
	Vanilla Yogurt
PUDDING:	Vanilla, Chocolate
	<i>(Reg or SF)</i>
ICE CREAM:	Vanilla, Chocolate, Strawberry
	Orange Sherbet
MILK:	Skim, 2%, Whole, LF Chocolate, Lactose Free, Soy
JUICE:	Orange, Prune

HOT CHOCOLATE	
	<i>(Reg or SF)</i>

BROTHS & SOUPS	
BROTH:	Vegetable, Beef, Chicken
SOUP:	Chicken Noodle, Vegetable, Tomato, Potato, Bean Chili

SANDWICHES (COLD OR PANINI)	
BREADS:	Wheat, White, Wrap, Sub Roll
GARDEN:	Onion, Lettuce, Tomato, Dill Pickle
CHEESES:	American, Swiss, Cheddar
MEATS & FILLINGS:	Deli Style Turkey, Sliced Ham, Chicken Salad, Tuna Salad, Peanut Butter & Jelly, Hummus

FLAVORFUL ENTRÉES	
MEATLOAF	
	Traditional home-style meatloaf served with brown gravy
POT ROAST	
	Tender slow roasted beef pot roast with carrot, celery and onion
NAPA VALLEY GLAZED SALMON	
	Salmon filet with honey mustard thyme glaze
	<i>(Unseasoned if Preferred)</i>
SEAFOOD PATTY	
	<i>(Made with White Fish)</i>
	Served with Tartar Sauce

PENNE PASTA BAR	
VEGETABLES:	Squash, Broccoli, Carrots
MEATS:	Chicken, Tofu, Meat Sauce
SAUCES:	Marinara, Alfredo Sauce

CONDIMENTS	
	Sugar, Sugar Sub, Brown Sugar, Creamer, Salt, Pepper, Salt-Free Seasoning, Fresh Lemon Slice, Ketchup, Mustard, Mayonnaise, Honey Mustard, BBQ Sauce, Tartar Sauce, Hot Sauce, Taco Sauce, Ranch Dressing, Malt Vinegar, Sour Cream, Cream Cheese, Margarine, Jelly

Each meal consists of one entrée, two sides, bread, dessert and drinks.

GRILL FAVORITES	
GRILLED CHEESE	
HAMBURGER	
CHEESEBURGER	
GARDENBURGER	
CHICKEN TENDERS	
GRILLED CHICKEN	
	<i>Unseasoned if Preferred</i>
CHEESE QUESADILLA (ADD CHICKEN OR BEEF)	
PHILLY-STYLE CHEESESTEAK	
	<i>(No Bread if Preferred)</i>

ROASTED TURKEY	
	Served with Gravy
BBQ CHICKEN	
	Marinated in Barbecue Sauce, Garlic and Oil
CITRUS HERB TILAPIA	
	Marinated in a Blend of Orange and Lemon Juice and Herbs
	<i>(Unseasoned if Preferred)</i>
FALAFEL FRITTERS	
	Served with Tzatziki Sauce
	<i>(Cucumber, Mint, Dill and Garlic in a Yogurt-Lemon Sauce)</i>

ASIAN STIR FRY	
	<i>Vegetable Medley with Choice of</i>
MEATS:	Chicken, Beef, Tofu
SAUCE:	Teriyaki, General Tso, Sweet & Sour
STARCH:	Rice, Noodles

CHEESE PIZZA	
	<i>(Made-to-Order)</i>
TOPPINGS:	
	Pepperoni, Diced Tomatoes, Onion, Mushrooms, Green Peppers

FROM THE GARDEN	
SIDE SALADS:	Mixed Greens Salad with Tomatoes and Cucumbers, Carrot & Celery Sticks, Caesar, Creamy Coleslaw
	Caesar, Oil and Vinegar
ENTRÉE SALADS*:	Chicken Caesar Salad, Chef Salad
	Balsamic Vinaigrette
	Honey Mustard

*Available in half portions	
ACCOMPANIMENTS	
VEGETABLES:	Sliced Carrots, Green Beans, Corn, Broccoli, Zucchini, Pinto Beans, Cauliflower
SIDE DISHES:	White Rice, Whipped Potatoes, Baked Potato, Brown Rice
	Mashed Sweet Potatoes, Macaroni & Cheese, French Fries
COMPLIMENTS:	Dinner Roll, Garlic Bread, Corn Muffin, Baked Potato Chips <i>(Plain or BBQ)</i> , Pretzels, Crackers

DRINKS	
HOT:	Coffee <i>(Reg or Decaf)</i>
	Tea <i>(Reg or Decaf)</i>
COLD:	Hot Chocolate <i>(Reg or SF)</i>
	Iced Tea <i>(Sweet or Un-Sweet)</i>
	Pepsi® <i>(Reg or Diet)</i>
	Ginger Ale <i>(Reg or Diet)</i>
	Gatorade® <i>(Fruit Punch or Orange)</i>
JUICE:	Orange, Apple, Cranberry, Prune
COLD MILK:	Skim, 2% Whole, LF Chocolate Lactose Free Soy

DESSERTS	
COOKIES:	Vanilla Wafers, Graham Crackers
	Oatmeal Raisin Chocolate Chip
SWEET DELIGHTS:	Angel Food Cake
	Apple Crisp
	Brownie
	Sweet Potato Pie
	Pound Cake
PUDDING:	Vanilla Chocolate
	<i>(Reg or SF)</i>
GELATIN:	Berry Citrus
	<i>(Reg or SF)</i>
FROZEN DESSERTS:	Ice Cream: Vanilla, Chocolate, Strawberry
	Orange Sherbet
	Italian Ice

KEY
LF: LOW FAT • LS: LOW SODIUM • SF: SUGAR FREE

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