



Atrium Health

WE BELIEVE IN THE

Power OF
FOOD

We believe in the power of food to advance your healing and aid in your well being. Its power to connect, comfort, restore and rejuvenate. Motivated by this belief, our team of chefs have put together a menu of daily specials featuring fresh ingredients which are locally sourced whenever possible. These modern offerings will be tailored to meet your specific dietary needs providing you with an exceptional experience.

Please Enjoy...

A server will assist you with any questions you may have and guide you through the ordering process.

A Patient Dining Associate will assist you with any questions you may have and guide you through the ordering process.

Dining Associates can be reached at _____ between 7:00am-7:00pm daily.

We work with our Atrium partners to incorporate and practice sustainability throughout our kitchens by increasing our efforts to reduce food waste and giving back to those in our neighboring communities. We aim to provide the highest standards and quality meals including plant-forward/vegetarian options as well as those on specialized diets.



DAILY Specials



SCAN QR CODE
FOR ALTERNATE
DIET MENUS

Your Diet...

LIKE YOUR MEDICATIONS, IS AN IMPORTANT PART OF YOUR TREATMENT AND MAY HAVE RESTRICTIONS TO HELP MEET YOUR MEDICAL NEEDS. PLEASE REFER TO THE QR CODE FOR COMMON DIETS BELOW.

NO FAT DIET

Sunday

Breakfast

SCRAMBLED EGG WHITES

whole wheat bread, banana, rice krispies cereal, and very vanilla yogurt

Lunch

TOMATO SOUP

baked potato, broccoli, mandarin oranges, and cottage cheese

Dinner

COD WITH MEDITERRANEAN SPICES

red potatoes, steamed green beans, fruit cup, and fat free vanilla ice cream

Monday

Breakfast

EGG WHITE OMELET

diced tomatoes, baby spinach, banana, and frosted flakes cereal

Lunch

VEGETABLE BROTH

sliced fat free cheddar cheese, whole wheat bread, melon & grape fruit cup, and applesauce

Dinner

WHOLE WHEAT PENNE PASTA

marinara sauce, steamed broccoli & cauliflower, melon and grape fruit cup, and italian lemon ice

Tuesday

Breakfast

SCRAMBLED EGG WHITES

whole wheat bread, fruit cup, cream of wheat, and very vanilla yogurt

Lunch

TURKEY SANDWICH ON WHOLE WHEAT BREAD WITH TOMATO SOUP

turkey breast, whole wheat bread, carrot sticks with ranch dressing, mixed melon, and orange gelatin

Dinner

BAKED FISH

white rice, steamed carrots, mixed melon, and fat free vanilla ice cream

Wednesday

Breakfast

EGG WHITE OMELET

with red pepper, onions, banana, rice krispies cereal, and vanilla yogurt

Lunch

VEGETABLE BROTH

baked potato, broccoli, mandarin oranges, and cottage cheese

Dinner

BROWN RICE AND LENTILS

grilled zucchini & yellow squash, fruit cup, and italian lemon ice

Thursday

Breakfast

SCRAMBLED EGG WHITES

whole wheat bread, mixed melon, cream of wheat, and very vanilla yogurt

Lunch

GRILLED CHEESE ON WHOLE WHEAT BREAD

sliced fat free cheddar cheese, whole wheat bread, melon & grape fruit cup, and applesauce

Dinner

WHOLE WHEAT PENNE PASTA

marinara sauce, steamed broccoli & cauliflower, melon & grape fruit cup, and lemon italian ice

Friday

Breakfast

EGG WHITE OMELET WITH TOMATOES & SPINACH

mandarin oranges, rice krispies cereal, and vanilla yogurt

Lunch

VEGETABLE BROTH

stir fried vegetables, white rice, melon & grape fruit cup, and very vanilla yogurt

Dinner

COD WITH MEDITERRANEAN SPICES

savannah red rice, steamed green beans, applesauce with cinnamon, and fat free vanilla ice cream

Saturday

Breakfast

SCRAMBLED EGG WHITES

whole wheat bread, fruit cup, frosted flakes cereal, and vanilla yogurt

Lunch

TURKEY SANDWICH ON WHOLE WHEAT BREAD WITH TOMATO SOUP

turkey breast, whole wheat bread, carrots sticks with ranch dressing, mixed melon, and orange gelatin

Dinner

BAKED FISH

white rice, grilled zucchini & yellow squash, fruit cup, and lemon italian ice

REGULAR

2 GM SODIUM

CONSISTENT CARBOHYDRATE

MEDITERRANEAN

RENAL

VEGETARIAN

INTERNATIONAL DYSPHAGIA

PEDIATRICS