

CARBOHYDRATE CONTROLLED DIET

UC Davis Health Patient Menu

Meal Delivery Times:

Breakfast 6:45 a.m. – 9:30 a.m.

Lunch 11:00 a.m. – 2:00 p.m.

Dinner 4:45 p.m. – 7:30 p.m.



How to make selections:

1. Please review the menu daily so you are ready with your selections.
2. A Dietetic Assistant will call or visit you daily to get your menu choices.
3. The Daily Special will be automatically delivered if you do not make selections.

Please note, menu items may need to be adjusted to meet special diet needs prescribed by your doctor. Some items may be restricted.

Carbohydrate Controlled Diet (includes grams of carbohydrates listed in parentheses)

Food and Nutrition Services offers a menu of fresh, seasonal, locally grown foods and ingredients. Chicken breasts and thighs are local and “no antibiotics ever”. Beef for the hamburgers is local and grass-fed. Beef for the meatloaf is grass-fed.

Daily breakfast options may include Total Raisin Bran (25g), diet cranberry juice (2g), low fat milk(13g), coffee (0g), and non-dairy creamer (1g).

Sunday

Breakfast: Buttermilk pancake (14 g each), sugar-free maple syrup (4g), scrambled eggs (1g)

Lunch: Beef stroganoff (6g), rotelle pasta(21g), baby carrots (20g)

Dinner: Chicken teriyaki(12g), spicy broccoli(6g), jasmine rice (25g), and apple slices (8g)

Soup of the Day: Chicken noodle (21g)

Monday

Breakfast: Quiche Lorraine (19g) and turkey sausage (1g)

Lunch: Alfredo pasta and vegetables (36g), roasted vegetables (5g), and banana (23g)

Dinner: Lemon cream chicken (4g), roasted potatoes(18g), cauliflower and carrots (8g), and animal cookies (22g)

Soup of the Day: Red lentil (21g)

Tuesday:

Breakfast: French toast (25g each), sugar-free maple syrup (4g), scrambled eggs (1g), and banana (23g)

Lunch: Chicken tinga tacos (3g), black beans(14g), flour tortillas (14g), garden salad with ranch (6g)

Dinner: Meatloaf (7g), mashed potatoes (17g) with gravy (3g), baby carrots (10g), and sugar-free vanilla pudding (13g)

Soup of the Day: Chicken gumbo (11g)

Wednesday:

Breakfast: Veggie scrambled eggs (15g), breakfast potatoes (22g), turkey sausage (1g), and Cream of Wheat (16g)

Lunch: Homestyle chicken (1g), roasted potatoes (15g), baby carrots (10g), and banana (23g)

Dinner: Chicken Parmesan (12 g), marinara (3 g), pasta (21g), roasted vegetables (5g), and peach cup (11g)

Soup of the Day: Seasonal soup

Thursday:

Breakfast: Buttermilk pancake (14g each), sugar-free maple syrup (4g), scrambled eggs (1g) and Cream of Wheat (16g)

Lunch: Roast turkey (0g), Yukon Gold mashed potatoes (18g) with gravy (1g), and roasted vegetables (9g), and banana (23 g)

Dinner: Chicken Chile Verde (3g), house-made refried beans (13g), Spanish rice (30g), squash sofrito (5g)

Soup of the Day: Chicken tortilla (18g)

Friday:

Breakfast: Vegetable frittata (14g), turkey sausage links (1g) Cream of Wheat (16g)

Lunch: Pasta with bolognese sauce (36 g), and roasted vegetables (5g)

Dinner: BBQ chicken sandwich with slaw (53g), baby carrots (10g) and sugar-free jello (2g)

Soup of the Day: Clam Chowder (16g)

Saturday:

Breakfast: French toast (25g), sugar-free maple syrup (4g), scrambled eggs (1g), and Cream of Wheat (16 g), and apple slices (8g)

Lunch: Hamburger (34 g), tomato, lettuce and onion and pickles (3g), apple slices (8g), and almonds (9g)

Dinner: Lemon herb salmon (4g) or oven fried chicken (13g), roasted potatoes (17g), fresh vegetables (7g), and Lorna Doone cookies (18g)

Soup of the Day: Minestrone (17 g)

Beverages:

Milk: Skim (13 g), low-fat 1% (13 g), whole (11g), lactose-free (13 g), chocolate (30 g), soy (12 g), or almond (1 g)

Juice: Diet cranberry (2g)

Hot beverage: Coffee, tea, sugar-free hot chocolate (0g)

Bottled water

Additional Selections

Breakfast Entrees

Entrees: Scrambled eggs (1g), buttermilk pancakes (14g each), French toast (23g each), biscuit with gravy (35 g), breakfast potatoes (22 g)

Breads: Bagel (34 g for half), bran (31 g) or blueberry muffin (34g), English muffin (24g), white (14g) or wheat toast (21g)

Cereals: 10 Grain Hot Cereal (32 g), Cream of Wheat (16 g), Cheerios (14 g), Rice Krispies (21g), or Total Raisin Bran (28g)

Fruits: Fresh fruit plate (57 g) or fresh fruit and cottage cheese plate (32g)

Lunch and Dinner Entrees

Entrees: Grilled seasoned chicken breast (2g), Roasted salmon (0g), Ground turkey tacos (39 g), Hot roast beef sandwich (34g), Chicken strips (5g), Pasta torchiette (21g), macaroni noodles (21g) or gluten-free spaghetti noodles (31 g) with choice of sauce: marinara (3g), Alfredo sauce (2g), or lemon herb sauce (5g)

Burger: Hamburger (34g), cheeseburger (35g), turkey burger (34g), garden burger (55g)

Pizza: Cheese (45g)

Sandwiches: Vegetarian, turkey, ham, roast beef, tuna salad, egg salad, peanut butter and jelly, grilled ham or cheese (26-49g)

Salad: Chicken Caesar (18g), ground turkey taco (26g), chef salad (8g), vegetarian taco salad (32g)

Fruit: Fresh fruit plate (57g)

Lunch and Dinner Side Items

Sides: Mashed potatoes (18g) and gravy (2g), brown rice (22 g), jasmine rice (24 g), or French Fries (28g)

Pasta: Torchiette (21g), macaroni noodles (21g), or gluten-free spaghetti noodles (31 g)

Chips: Baked Lay's

Dinner roll: white (19 g) or wheat (19 g)

Fruit: Apple slices (8g), red grapes (19g), orange slices (13g), banana (23 g), fresh melon cup (15g); canned peaches (11g), mandarin oranges (13 g), or applesauce (13 g)

Vegetables: Baby carrots (10g), broccoli (10g), zucchini (6g), side salad (3g) with choice of diet ranch (3g) or diet Italian dressing (1g)

Soups (all low sodium): Chicken noodle (22g), tomato (7g), or broth (1g)

Desserts

Sugar-free Jell-O (1 g), pudding (13g), shortbread cookies (18g), or animal cookies (22 g) or sugar-free lemon Italian ice (10g)