

Additional Selections

BREAKFAST ENTRÉES

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

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

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

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

LUNCH AND DINNER ENTRÉES

Entrées: Grilled seasoned chicken 🐔 breast (2g) ▪ Roasted salmon (0g) ▪ Ground turkey taco (39g) ▪ Hot roast beef sandwich (34g) ▪ Chicken 🐔 strips (5g CHO), Macaroni and cheese (24g CHO), Pasta (torchiette (21g), macaroni noodles (21g), or gluten-free spaghetti noodles (31g), and choice of sauce: marinara (3g), Alfredo (2g) or lemon herb sauce (5g)

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

Pizza: Cheese or pepperoni (45g)

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

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

SIDE ITEMS/VEGETABLES

Potato: Mashed potatoes (18g) or French fries (28g)

Rice: Brown rice (22g) or jasmine rice (24g)

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

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

Chips: Doritos (30g) or Baked Lay's (22g)

Veggies: Carrots (20g), broccoli (10g), zucchini (6g), or garden salad (3g) with choice of ranch (3g), Italian (1g), Caesar (2g) or Thousand Island dressing (2g)

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

DESSERTS

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

PATIENT MENU

Carbohydrate Controlled



MEAL DELIVERY TIMES

Breakfast: 6:45 a.m. – 9:30 a.m.

Lunch: 11 a.m. – 2 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.

Please keep this menu throughout your stay.

Carbohydrate Controlled Diet

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 (28g), diet cranberry juice (2g), coffee (0g), non-dairy creamer (1g), and low fat milk (13g).

SUNDAY

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

Lunch: Beef stroganoff  (6g) with rotelle pasta (21g), and 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 a banana (23g)

Dinner: Lemon cream chicken  (4g), roasted potatoes (18g), cauliflower & 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 a banana (23g)

Lunch: Chicken  tinga tacos (3g), black beans (14g), flour tortillas (14g each), 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 (12g), marinara (3g), pasta (21g), roasted vegetables (5g), and peach cup (11g)

Soup of the Day: Seasonal soup

THURSDAY

Breakfast: Buttermilk pancakes (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), vegetables (9g), and a banana (23g)

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

Soup of the Day: Chicken  tortilla (18g)

FRIDAY

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

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

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

Soup of the Day: Clam chowder (16g)

SATURDAY

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

Lunch: Hamburger  on white bun (34g), lettuce, tomato, 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 (17g)

BEVERAGES

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

Juice: Diet cranberry (2g)

Hot beverage: Coffee, tea, sugar-free hot chocolate (12g)

Soda: Diet cola or diet lemon-lime soda (0g)

Water: Bottled water (0)

 = No antibiotics ever

 = Grass-fed beef