

LOW SODIUM 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.

Low Sodium 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), orange juice(14g), low fat milk(12g), and coffee. **Breakfast, lunch, and dinner are served with milk.** Soup will be served upon request.

Sunday

Breakfast: Scrambled eggs (1g) and breakfast potatoes (22 g)

Lunch: Beef stroganoff (3g), rotelle pasta(21g), baby carrots (10g)

Dinner: Chicken teriyaki(12g), spicy broccoli(6g), jasmine rice(24g), and pineapple sorbet(27g)

Soup of the Day: Chicken noodle (21g)

Monday

Breakfast: Scrambled eggs (1g), breakfast potatoes, and peach yogurt (28 g)

Lunch: Alfredo pasta and vegetables (36g), roasted vegetables (5g), and apple slices (8g)

Dinner: Lemon cream chicken (4g), roasted potatoes(18g), cauliflower and carrots (8g), and mango sorbet (23g)

Soup of the Day: Red lentil (21g)

Tuesday:

Breakfast: French toast (25g), scrambled eggs (1g), Cream of Wheat (16g), and banana (23g)

Lunch: Chicken tinga tacos (3g), black beans(14g), corn tortillas (31g), cilantro rice (7g)

Dinner: Meatloaf (7g), mashed potatoes (19g) with gravy (3g), broccoli (10g), and mango sorbet (16g)

Soup of the Day: Chicken gumbo (12g)

Wednesday:

Breakfast: Veggie scrambled eggs (15g), breakfast potatoes (22g), and peach yogurt (28g)

Lunch: Homestyle chicken (1g), mashed potatoes (19g), roasted vegetables (3g), and apple slices (8g)

Dinner: Parmesan chicken (13 g), torchiette pasta with marinara (24 g), roasted vegetables (5g), lemon ice (21g)

Soup of the Day: Seasonal soup

Thursday:

Breakfast: Buttermilk pancake (14g), scrambled eggs (1g), breakfast potatoes (22g)

Lunch: Roast turkey (0g), mashed potatoes (19g) with gravy, and roasted vegetables (9g), and banana (23 g)

Dinner: Chicken Chile Verde (3g), Spanish rice (30g), zucchini (6g), salad with diet Italian dressing (2g), Lemon Italian Ice (20g)

Soup of the Day: Chicken noodle (21g)

Friday:

Breakfast: Vegetable frittata (14g), breakfast potatoes (22 g), Cream of Wheat (16g), and a banana (23 g)

Lunch: Pasta with bolognese sauce (31 g), and roasted vegetables (5g)

Dinner: BBQ chicken sandwich slaw (53g), broccoli (10g), and Pineapple sorbet

Soup of the Day: Clam Chowder

Saturday:

Breakfast: French toast (25g), scrambled eggs (1g), and Cream of Wheat (16 g)

Lunch: Hamburger (34 g), tomato, lettuce and onion (5g) and French fries (28g)

Dinner: Lemon herb salmon (4g) or oven fried chicken (13g), jasmine rice (24g), fresh vegetables (7g), and mango sorbet

Soup of the Day: Minestrone (17 g)

Beverages:

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

Juice: Orange (14g), apple (14g), prune (20g), cranberry (16g), cran-grape (16g) or diet cranberry (2g)

Hot beverage: Coffee (regular or decaf), tea (regular or decaf), hot chocolate (17g)

Bottled water

Additional Selections

Breakfast Entrees

Entrees: Scrambled eggs (1g), buttermilk pancakes (14g each), French toast (25 each), fresh fruit plate (57 g)

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

Cereals: 10 Grain Hot Cereal (32 g), Cream of Wheat (16 g), Cheerios (14 g), Frosted Flakes (31 g), Rice Krispies (21g), or Total Raisin Bran (28g)

Potatoes: Breakfast potatoes (22g)

Lunch and Dinner Entrees

Entrees: Grilled seasoned chicken breast (2g), Roasted salmon (0g), Ground turkey tacos (39 g), 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), turkey burger (34g), garden burger (55g)

Sandwiches: Vegetarian (48g), turkey (28g), roast beef (28g), tuna salad (44g), egg salad (43g), grilled cheese (29g)

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

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)

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

Sorbet (21g), Italian Ice (20g), Jell-O (22g), pudding (21g), shortbread cookies (18g), or animal cookies (23 g)