

## Additional Selections

### BREAKFAST ENTRÉES

**Entrées:** Scrambled eggs (1g), buttermilk pancakes (14g each), French toast (25g each), biscuit with gravy (35g), breakfast potatoes (23g)

**Breads:** Bagel (38g for half), bran or blueberry muffin (31g), English muffin (20g), white or wheat toast (14g)

**Cereals:** Oatmeal (13g), Cream of Wheat (15g), Cheerios (14g), Rice Krispies (21g), Cornflakes (18g), Total Raisin Bran (25g)

**Fruits:** Fresh fruit plate (57g) or fresh fruit and cottage cheese plate (33g)

### LUNCH AND DINNER ENTRÉES

**Entrées:** Grilled seasoned chicken 🐔 breast (2g)  
• Roasted salmon (1g), Beef taco (39g) • Hot roast beef 🐄 sandwich (39g) • Chicken nuggets (25g)  
• Pasta (penne (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 🐄 (33g), cheeseburger (35g), turkey burger (33g) or quinoa veggie 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), beef taco salad (25g), chef salad (7g), vegetarian salad (26g)

### SIDE ITEMS/VEGETABLES

**Potato:** Mashed potatoes (15g) or French fries (28g)

**Rice:** brown rice (24g) or jasmine rice (20g)

**Dinner roll:** White (18g) or wheat (19g)

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

**Chips:** Potato (14g), Doritos (30g) or Baked Lay's (22g)

**Veggies:** Carrots (15g), 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 (21g), tomato (7g) or broth (1g)

### DESSERTS

Sugar free Jell-O (1g), pudding (13g), animal cookies (23g), shortbread cookies (18g) or sugar free lemon Italian ice (10g)

UC DAVIS  
HEALTH

MEDICAL  
CENTER

# PATIENT MENU

## Carbohydrate Controlled



### MEAL DELIVERY TIMES

**Breakfast:** 6:45 – 9:30 a.m.

**Lunch:** 11 a.m. – 2 p.m.

**Dinner:** 4:45 – 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 (25g), diet cranberry juice (2g), coffee (0g), non-dairy creamer (1g) and low fat milk (12g)

## SUNDAY

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

**Lunch:** Beef stroganoff (insert cow symbol) (3g) with egg noodles (21g) and baby carrots (15g)


**Dinner:** Chicken  teriyaki (5g), spicy broccoli (6g), jasmine rice (24g), and fresh fruit

**Soup of the Day:** Chicken Noodle (21g)

## MONDAY

**Breakfast:** Quiche Lorraine (20g) and turkey sausage (0g)


**Lunch:** Alfredo pasta and vegetables (44g), roasted vegetables (5g) and apple slices (8g)


**Dinner:** Lemon cream chicken  (3g), roasted potatoes (18g) and cauliflower (4g) and animal cookies (22g)

**Soup of the Day:** Red lentil soup (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 (15g each), garden salad with ranch (6g)


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

**Soup of the Day:** Chicken gumbo (12g)

## WEDNESDAY

**Breakfast:** Veggie scrambled eggs (8g), breakfast potatoes (23g) turkey sausage (0g) and cream of wheat (16g)


**Lunch:** House mac and cheese (35g), zucchini (6g) and apple slices (8g)


**Dinner:** Parmesan chicken  (19g), penne pasta with marinara (27g) roasted vegetables (5g) and pineapple cup (18g)

**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 (16g) with gravy (2g), roasted cauliflower and carrots (8g) and a banana (23g)

**Dinner:** Beef  and broccoli (10g), jasmine rice (24g) and sugar free vanilla pudding (13g)

**Soup of the Day:** Chicken Tortilla (20g)

## FRIDAY

**Breakfast:** Vegetable frittata (9g), turkey sausage links (0g) and cream of wheat (16g)

**Lunch:** Pasta with bolognese sauce (35g), roasted vegetables (5g)


**Dinner:** BBQ chicken  sandwich with slaw (49g), baby carrots (15g) 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 (32g), lettuce, tomato, onion and pickles (5g), apple slices (8g) and almonds (9g)

**Dinner:** Lemon herb salmon (4g) or oven fried chicken  (13g), roasted potatoes (18g), fresh vegetables (6g) 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 (12 g), 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