*Call 1-3663 from your bedside phone**

Mary Washington Healthcare

Carbohydrate Controlled Diet

Dining On Call Menu

Breakfast (Available 7:00am-10:30am)

Entrées – (Your choice of 1 selection below)

- ☐ Classic American Breakfast(20g)
- ☐ Biscuit & Gravy(33g)
- ☐ Garden Avocado Toast (18g)
- ☐ Breakfast Skillet(17g)
- ☐ Nitty Gritty Bowl (28g)
- ☐ Buttermilk Pancakes (1 or 2 pancakes) (16g, 33g)
- ☐ Cinnamon French Toast (2 or 3 halves) (23g, 35g)
- ☐ French Toast Bread Pudding (51g)

Sides

- ☐ **Scrambled eggs:** ☐ Regular(2g) ☐ Egg Whites(2g)
- ☐ Curried Tofu Scramble (9g) ☐ Boiled Egg(0g)
- ☐ Seasoned Breakfast Potatoes(23g)
- ☐ Red Potato Hash (17g)
- ☐ Breakfast Meat (Limit 2):
  ☐ Bacon(0g) ☐ Sausage Link(1g)
  ☐ Turkey Sausage(0g) ☐ Veggie Sausage (4g)

Bakery

- ☐ **Muffin:** ☐ Blueberry(33g) ☐ Banana(35g)
- ☐ **Toast (1):** ☐ White(14g) ☐ Wheat(12g) ☐ Gluten Free(24g)

Hot & Cold Cereals

☐ Cream of Wheat®(21g) ☐ Oatmeal(19g) ☐ Grits(21g)
☐ Apple Cinnamon Cream of Wheat®(18g)
☐ Cheerios®(14g) ☐ Corn Flakes®(19g)
☐ Raisin Bran®(28g) ☐ Rice Krispies®(16g)

Fruit & Yogurt

- ☐ **Fresh Fruits:** ☐ Banana(27g) ☐ Peaches(10g)
  ☐ Pears(14g)
- ☐ **Seasonal Fresh Fruit:** ☐ Fresh Fruit Cup(18g)
- ☐ **Applesauce:** ☐ Plain(13g) ☐ with Cinnamon(13g)
- ☐ **Yogurt:** ☐ French Vanilla(26g) ☐ Light Vanilla(15g)
  ☐ Strawberry(26g) ☐ Raspberry(26g)

Soup & Broths

- ☐ **Soup:** ☐ Chicken Noodle(8g) ☐ Minestrone & Orzo(13g)
- ☐ **Broths:** ☐ Chicken(2g) ☐ Vegetable(4g) ☐ Beef(2g)

Lunch & Dinner (11:00am-6:30pm)

Entrée Salads

- ☐ Berry Pecan Salad(15g)
- ☐ Mediterranean Crunch Salad(25g)
- ☐ Chicken Ceasar Salad(14g)
- ☐ Classic Cobb Salad(8g)

Handhelds

- ☐ Chicken Salad Sandwich(28g)
- ☐ Mediterranean Veggie Wrap(52g)
- ☐ Classic BLT (47g)
- ☐ Bistro Turkey(28g)
- ☐ Caprese Melt (48g)

Deli Sandwiches

- ☐ **Bread (2):** ☐ Wheat(24g) ☐ White(28g) ☐ Gluten Free(48g)
- ☐ **Meats:** ☐ Sliced Turkey(1g) ☐ Chicken Salad(1g)
  ☐ Tuna Salad(1g) ☐ Peanut Butter & Jelly(6g)
- ☐ **Cheese:** ☐ Swiss(0g) ☐ Cheddar(0g)
- ☐ **Extras:** ☐Lettuce(0g) ☐Tomato(1g) ☐Onion(1g) ☐Hummus(5g)

Grill

- ☐ **Deluxe Burgers** (☐ Beef (46g) or ☐Impossible/Veggie(55g))
- ☐ **Build Your Own Burger/ Sandwich**
  ☐ Hamburger(0g) ☐ Chicken Breast(1g) ☐ Impossible(9g)
  ☐ **Bun:** ☐ Wheat(34g) ☐ Gluten Free(44g)
- ☐ Grilled Cheese: ☐ Swiss(0g) ☐ Cheddar(0g)
- ☐ **Extras:** ☐ Lettuce(0g) ☐ Tomato(1g) ☐ Onion(1g)

Everyday Chef Specials

(See daily Specials on page 2)

- ☐ **Rotisserie Chicken**(16g)
  ☐ Mashed Potatoes(18g) ☐ Green Beans(9g)
- ☐ **Chicken Pot Pie** (18g) ☐ Steamed Broccoli (6g)
- ☐ **Meatloaf** (11g) ☐ Smashed Red Potatoes (24g)
  ☐ Beef Gravy (2g) ☐ Garlic & Herb Steamed Broccoli (5g)
- ☐ **Pasta Pomodoro** (45g) ☐ Side Salad (3g) ☐ SW Chicken (1g)

Side Dishes

- ☐ Spring Mix & Radish Side Salad(3g)☐ Hummus(5g)
- ☐ Carrots: ☐ Lemon Pepper(10g) ☐ Steamed (8g)
- ☐ Green Beans: ☐ Lemon Pepper(9g) ☐ Fresh (5g)
- ☐ Mashed Potatoes(18g) ☐ Basmati Rice(24g)

Condiments: ☐ Salt(0g) ☐ Pepper(0g) ☐ Herb Seasoning(1g) ☐ Cinnamon(2g) ☐ Raisins(7g) ☐ Lemon Juice(0g) ☐ Non-Dairy Creamer(0g) ☐ SF Syrup(4g) ☐ Ketchup(3g) ☐ Hot Sauce(0g) ☐ Mayonnaise *(Low-Fat)* (1g) ☐ Mustard(0g) ☐ Honey Mustard(6g) ☐ Barbecue Sauce(10g) ☐ Butter (limited 2) (0g) ☐ Sour Cream *(Low-Fat)* (1g) ☐ Salsa(2g) ☐ Cream Cheese *(Low-Fat)* (2g) ☐ Peanut Butter(5g) ☐ SF Jelly(3g) **Sweeteners:** ☐ Equal(1g) ☐ Splenda(1g) ☐ Sweet & Low(1g) **Crackers:** ☐ Graham (17) ☐ Saltines(5g)

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	Daily Chef Specials		
	Breakfast	**Lunch**	**Dinner**
MON	Cinnamon French Toast(23g) Scrambled Egg(2g) Fruit Cup(18g)	Chicken Salad Sandwich (13g) Tomato Basil Bisque (15g) Applesauce with Cinnamon (13g)	Carolina BBQ Pork Roast(19g) Mac & cheese (11g) Sweet & Tangy Cabbage Slaw(3g) Peaches(10g)
TUE	Buttermilk Pancake(16g) Scrambled Egg (2g) Banana(27g)	Berry Pecan Salad(15g) Fruit Cup(18g) SF Vanilla Pudding (10g)	Shrimp & Grits(24g) Sauteed Spinach with Garlic(6g) Pears(14g)
WED	Cheese Grits(24g) Scrambled Eggs(2g) Fruit Cup (18g)	Chicken Broccoli Rotini Alfredo(27g) Spring Mix Radish Tomato Side Salad(3g) Peaches(10g)	Braised Beef w/ Demi-Glace(4g) Herb Citrus Crunch(7g) Rosemary Parmesan Polenta(12g)
THU	Red Potato Hash(17g) Scrambled Egg(2g) Turkey Sausage (0) Raisin Bran Cereal(28g)	Deluxe Hamburger(46g) Kettle Chips(10g) Spring Mix Radish Tomato Side Salad(3g) Pears(14g)	Sesame Ginger Chicken Thigh(14g) Jasmine Rice(27g) Hibachi Vegetables(10g) Fruit Cup(18g)
FRI	Cinnamon French Toast(23g) Scrambled Egg(2g) Fruit Cup (18g)	Bistro Turkey on WW (28g) Chicken Noodle Soup(9g) Saltine Crackers(5g) Applesauce with Cinnamon(13g)	BBQ Spiced Salmon(3g) Cheese Grits(18g) Sauteed Spinach w/ Garlic(6g) Pureed Citrus Mousse (13g)
SAT	Buttermilk Pancake (1) (16g) Scrambled Egg (2g) Banana(27g)	Rotisserie Chicken Quarter(16g) Mashed Potatoes(18g) Lemon Pepper Green Beans(9g) Applesauce with Cinnamon(13g)	Turkey with Gravy(3g) Mashed Potatoes(18g) Lemon Pepper Green Beans(9g) SF Gelatin(2g)
SUN	Red Potato Hash(17g) Scrambled Egg(2g) Turkey Sausage (0) Raisin Bran Cereal(28g)	Deluxe Hamburger(46g) Kettle Chips(10g) Spring Mix Radish Tomato Side Salad(3g) Pears(14g)	Chicken Pot Pie(18g) Broccoli(6g) Fruit Cup(18g)

Beverages

- ☐ **Juice:** ☐ Orange(16g) ☐ Apple(21g) ☐ Cranberry(2g) ☐ Prune(20g)
- ☐ **Milk:** ☐ Skim(12g) ☐ 2%(12g) ☐ Soy Vanilla(9g)
- ☐ Decaf Coffee(0g)
- ☐ **Tea:** ☐ Hot Decaf(0g) ☐ Hot Decaf Green(0g) ☐ Decaf Unsweet Iced(0g)
- ☐ **Chocolate:** ☐ SF Hot Chocolate(4g)
- ☐ Sugar Free Lemonade (Crystal Light) (2g)
- ☐ **Sodas (Regular & Diet):** ☐ Ginger Ale(0g) ☐ Lemon-Lime(0g) ☐ Diet Coke(0g)

Desserts

- ☐ **Ice Cream (Sugar Free):** ☐ Chocolate(17g) ☐ Vanilla(17g)
- ☐ **Sugar Free Popsicle:** ☐ Cherry(13g) ☐ Grape(13g) ☐ Orange(13g)
- ☐ **Sugar Free Pudding:** ☐ Vanilla(10g) ☐Chocolate(10g)
- ☐ **Sugar Free Gelatins:** ☐ Orange (2g) ☐ Red(1g)
- ☐ Angel Food Cake(28g)
- ☐ Vanilla Wafers(13g)

Consistent Carbohydrate Meal Plan

Carbohydrate containing foods have the greatest effect on your blood sugar. Each meal should contain the same amount of carbohydrates.

Foods that contain carbohydrates include breads, cereals, potatoes, pasta, rice, beans, milk and milk products, fruit and fruit juices, sodas, and sweets/desserts.

The (#) on this menu will assist you in counting and adding grams of carbohydrates for your meal.

****Carbohydrate amount in products may change due to product availability****