

Carbohydrate Controlled / Low Sodium Diet
(Combination of Carb Controlled and Low Sodium Diets) Dining On Call Menu

(All items in **Bold Print** require a choice.)

Breakfast

Entrées – (Your choice of 1 selection below)

- Pancakes (one or two pancakes):**
 - Buttermilk^(17g, 34g) Blueberry^(18g, 36g)
- Cinnamon French Toast (one or two slices)^(11g, 22g)
- Build your own** **Omelet**^(2g)
 - Cheddar^(0g) Swiss Cheese^(0g) Pepper Jack^(0g)
 - Spinach^(0g) Onions^(1g) Tomatoes^(0g)
 - Mushrooms^(0g) Green Peppers^(0g)
 - Turkey Sausage^(0g)

Sides (Your choice of 3 selections below)

- Scrambled eggs:** Regular^(1g) Egg Whites^(1g)
- Boiled Egg^(0g)
- Seasoned Breakfast Potatoes^(19g)
- Breakfast Meat (Limit 1):**
 - Turkey Bacon^(0g) (limit 1) **or**
 - Turkey Sausage^(2g) (limit 1)

Hot Cereals and Cold Cereals:

- Cream of Wheat®^(21g) Oatmeal^(19g) Grits^(21g)
- Cheerios®^(14g) Honey Nut Cheerios®^(23g)
- Raisin Bran®^(28g)
- Rice Krispies®^(16g)
- Cinnamon Toast Crunch®^(22g)

- Toast:** White^(15g) Wheat^(13g) Multigrain^(19g)
- Gluten Free^(19g)

- Biscuit^(25g)

- Bagel (1/2):** Plain^(32g) Cinnamon Raisin^(23g)

- Muffin:** Blueberry^(28g) Orange Cranberry^(32g)
- English Muffin^(25g)

- Fresh Fruits:** Banana (1/2)^(13g) Orange^(15g)
- Grapes^(14g) Pineapples^(11g) Apple^(18g)

- Seasonal Fresh Fruit:** Fresh Fruit Cup^(9g)

- Soft Fruits:** Peaches^(14g) Pears^(17g)

- Applesauce**^(13g) plain with cinnamon

- Yogurt:** Vanilla^(16g) Strawberry^(21g)
- Granola Fruit Parfait^(23g)

Beverages

- Water
- Juice:** Orange^(20g) Apple^(19g) Cranberry^(23g)
 - Prune^(20g)
- Milk:** 1%^(12g) 2%^(12g) Whole^(12g)
 - Chocolate^(31g) Almond^(6g) Soy Vanilla^(18g)
- Coffee:** Regular^(0g) Decaf^(1g)
- Tea:** Hot regular^(0g) Hot Decaf^(0g)
 - Hot Herbal^(0g) Hot Green^(0g) Iced Decaf^(0g)
- Chocolate:** Sugar Free Hot Chocolate^(10g)
- Sodas:** Diet Ginger Ale^(0g)
 - Diet Lemon-Lime^(0g) Diet Cola^(0g)
- High Protein Nutritional Shake:** Vanilla^(35g)
 - Chocolate^(35g) Sugar Free Vanilla^(19g)
 - Sugar Free Chocolate^(19g)
- Crystal Light:** Lemon^(0g) Raspberry Ice^(0g)

Condiments

- Pepper^(0g) Herb Seasoning^(1g)
- Cinnamon^(2g)
- Raisins^(7g)
- Lemon^(1g)
- Creamer^(1g)
- Sweetener:**
 - Equal®^(1g) Splenda®^(1g) Sweet & Low®^(1g)
- Sugar Free Syrup^(4g)
- Ketchup^(2g)
- Sweet Pickle Relish^(3g)
- Mayonnaise (Low-Fat)^(1g) Mustard^(0g)
- Honey Mustard Sauce^(9g) Barbecue Sauce^(10g)
- Butter (Limit 2)**^(0g)
- Sour Cream^(1g)
- Cream Cheese (Low Fat)^(2g)
- Peanut Butter^(4g)
- Sugar Free Grape Jelly^(3g)
- Crackers:** Graham^(17g) Saltines^(4g)

Consistent Carbohydrate and Low Sodium (Combined) Meal Plan

Carbohydrate containing foods have the greatest effect on your blood sugar. Each meal should contain the same amount of carbohydrates. Foods such as fruit juices, sodas, and sweets/desserts will be restricted. The (#) on this menu will assist you in counting and adding grams of carbohydrates for your meal.

In a Sodium restricted diet herbs and spices will be used to season your foods in place of high sodium seasonings. You will be served low sodium soups and broths. Foods such as a salt pack, processed cheese or cured, salted, or smoked meats such as pork bacon, luncheon meats, pork sausage and ham will also be restricted.

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Lunch and Dinner

Entrées – (Your choice of 1 selection below)

Grill / Entrée Salads

- Protein:** Hamburger^(0g) Grilled Chicken Breast^(0g)
 - Turkey Burger^(4g) Portobello Mushroom^(4g)
- Bread:** White Bun^(39g) Wheat Bun^(34g)
- Cheese:** Swiss^(1g) Cheddar^(1g)
 - Pepper Jack^(1g)
- Toppings:** Lettuce^(0g) Tomato^(0g)
 - Red Onion^(1g) Pickles^(0g) Spinach^(0g)
 - Turkey Bacon^(0g)
- Chicken Tenders^(16g)
- Entrée Salad:** Chef^(4g) Chicken Caesar^(15g)
- Grilled cheese:** White^(31g) Wheat^(27g)
 - Multigrain^(39g) Gluten Free^(40g)

Chef Selections

- Roast Turkey Breast^(4g):**
 - Brown Gravy^(2g) Turkey Gravy^(3g)
- Asian Stir-Fry Vegetables with White^(29g) or ♦Brown Rice^(39g)**
 - Chicken^(0g) ♦Tofu^(1g) Fish^(0g)
- Chicken Parmesan^(0g):**
 - Marinara^(5g) Alfredo^(4g)
- Baked Fish^(1g)
- Meatloaf^(9g):** Brown Gravy^(2g) Turkey Gravy^(3g)
- Seasoned Grilled Chicken^(0g)

Build your own Sandwich

(Hot or Cold)

- Bread (2 slices):** White^(30g) Wheat^(26g)
 - Multigrain^(38g) Gluten Free^(39g)
- Meat:** Turkey^(1g) ♦Roast beef^(0g)
- Cheese:** Swiss^(1g) Cheddar^(1g)
 - Pepper Jack^(1g)
- Toppings:** Lettuce^(0g) Tomato^(0g)
 - Red onion^(1g)

(Cold only)

- Salad:** Tuna^(2g) Chicken^(2g) Egg^(2g)
- Peanut butter & Sugar Free Jelly:** White^(37g)
 - Wheat^(33g) Multigrain^(45g) Gluten Free^(46g)

Carbohydrate amount in products may change due to product availability

Sides (Your choice of 3 selections below)

- Side Salad:** Garden^(4g) Caesar^(4g)
- Dressing:** Ranch^(3g) Italian^(3g) Balsamic^(5g)
 - Raspberry Vinaigrette^(9g) Caesar^(3g)
 - Oil and Vinegar^(0g)

Hot Sides

- Vegetable:** Corn^(18g) Green Peas^(14g)
 - Broccoli^(6g) Fresh Green Beans^(5g)
 - Carrots^(7g) Spinach^(4g)
- Starches:** Seasoned Red Potatoes^(17g)
 - Homemade Mashed Potatoes^(18g)
 - French Fries^(18g) White Rice^(23g)
 - ♦Brown Rice^(33g) Macaroni & Cheese^(22g)
 - Corn Tortillas^(20g) Corn Bread^(24g)
 - Dinner Roll^(15g)
- Pasta:** Plain^(16g) Gluten free^(16g)
- Sauces:** Meat^(3g) Marinara^(5g) Alfredo^(4g)
- Other Sides:** Cottage Cheese^(3g)
 - Fresh Carrots and Celery Sticks^(7g)

Soups and Broths

- Soup:** Chicken Noodle^(10g) Tomato (1/2)^(11g)
 - Lentil and Black Bean^(22g)
 - Cream of Chicken (1/2)^(5g) Turkey Chili^(16g)
- Broth:** Chicken^(1g) Vegetable^(1g) Beef^(1g)

Desserts

(Your choice of 1 selection below)

- Apple Crisp^(20g)
- Angel Food Cake^(28g)
- Cinnamon Apples with Whipped Topping^(16g)
- Sugar Free Popsicle^(3g)
- Cookie:** Chocolate Chip^(17g) ♦Sugar^(18g)
- Sugar Free Berry Gelatin^(1g)
- Sugar Free Vanilla Ice Cream^(20g)
- Sugar Free Chocolate Ice Cream^(18g)

Items with a ♦ are not available at our Stafford location.

*Some items may not be allowed if other restrictions are in place.

