

Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

667-416-2245

Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are reviewing at the Carbohydrate Controlled Diet Menu for MedStar Franklin Square Medical Center.

You Doctor or Dietitian has prescribed this diet for your health. While on a carbohydrate controlled diet, the number of carbohydrates will be tracked for each of your meal orders. The number of carbohydrates in each food item are indicated in parenthesis on the menu. Registered Dietitians worked in partnership with our culinary team to create chef-inspired meals to deliver nutrition that heals.

How to Place Your Order

We encourage you to try one of our [featured chef entrees](#). A host/hostess will make contact with you throughout the day to take your order.

Using This Menu

This menu was designed to show you the items available on the Carbohydrate Controlled Diet. You can scroll through to review all of the items available. The blue links at the bottom of the page will allow you to skip around to different sections. Please note the Featured Chef Entrée link below.

Abbreviation Key

Low Sodium	LS	No Sugar Added	NSA
Low Fat	LF	Sugar Free	SF



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Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

Breakfast

Hot & Cold Cereals

Cream of Wheat® (23)	Corn Flakes® (18)
Oatmeal (32)	Raisin Bran® (28)
Grits (35)	Rice Krispies® (23)
Cheerios® (20)	Rice Chex® (17)

Entrees

Cage-Free Eggs: (Scrambled · Cholesterol-Free · Hard Cooked)
French Toast (33)
Pancakes: Buttermilk or Blueberry (34)

Sides

Sausage (Pork Patty · Turkey Link)
Home Fried Potatoes (21)
English Muffin (White (27) · Wheat (21))
Bagel (White (33) · Wheat (35))
Whole Grain Blueberry Muffin (29)
Greek Yogurt (Blueberry · Strawberry · Vanilla) (13)
LF Cottage Cheese (3)

Whole Fruit

Banana (23) Seasonal Apple (18)
Orange (16)

Chilled Fruit

Fresh Fruit Salad (11) Diced Pears(15)
Red Grapes (14) Pineapple Tidbits(20)
Applesauce (11) Mandarin Oranges(16)
Diced Peaches (15)



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Lunch & Dinner

Hot Entrees & Grill

Herb Baked Chicken Breast

Rotisserie Chicken Quarter (7)

Pot Roast

Lemon Dill Cod

Fried Chicken Tenders (24)

Burgers: (Beef Burger · Turkey · Veggie (17))

Chicken Breast Sandwich (30)

Grilled Cheese (27)

Falafel Fritters (22)

Make-Your-Own Pizza (62)

Deli Sandwiches

Turkey, Roast Beef, Ham (1)

Chicken Salad, Tuna Salad (1)

Egg Salad (3)

Entrée Salads

Cottage Cheese Fruit Plate (42)

Pita & Vegetables w/ Hummus (55)

Caesar and Chicken Caesar Salad (9)

Chef Salad (6)



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Regular Diet

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Soups, Side Salads & Sides

Soups

Chicken Noodle (10)

Beef Broth

Tomato Basil (12)

Chicken Broth

Vegetable (10)

Vegetable Broth

Side Salads

Garden Side Salad(2)

Carrot & Celery Sticks(7)

Caesar Salad(3)

Salad Dressings

Ranch

Italian

Fat Free Ranch

Diet Italian

French

Diet French

Vegetables

Green Beans (6)

Baby Carrots (7)

Broccoli Florets (5)

Starches

Mashed Potatoes (20)

Penne Pasta (32)

Steamed Rice (White (27)

· Brown (20))

Dinner Roll (White (17)

· Wheat(15))

Corn Muffin (30)

Potato Chips (15)

Pretzels (23)



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Desserts

Cookies and Bakery

Chocolate Chip (22) Vanilla Wafers (18)
Sugar Cookie(22) Chocolate Brownie (27)
Lorna Doones® (19) Angel Food Cake (28)
Graham Crackers (17) Pound Cake (25)
Oatmeal Raisin (22)

Frozen

Ice Cream (Vanilla (16) · Chocolate(17) · Strawberry(16))

Pudding

Vanilla (Reg (22) · NSA (16))
Chocolate (Reg (22) · NSA(16))

Gelatin

Cherry (Reg (18) · SF (1))
Strawberry (Reg (18) · SF (1))
Orange (Reg (18) · SF (1))

Whole Fruit

Banana(23) Seasonal Apple(18)
Orange(16)

Chilled Fruit

Fresh Fruit Salad (11) Diced Pears(15)
Red Grapes (14) Pineapple Tidbits(20)
Applesauce (11) Mandarin Oranges(16)
Diced Peaches (15)



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Beverages

Juice

Apple (14)
Cranberry (17)
Orange (11)
Grape (19)
Prune (22)

Milk

1% (12)
Fat Free (12)
Whole (12)
Low Fat (12)
Chocolate (25)
Lactose Free (12)
Soy (9)
Almond (3)

Hot

Coffee (*Regular* · *Decaf*)
Tea (*Regular* · *Decaf*)
Hot Chocolate (*Reg* (21)· *SF* (10))

Cold

Iced Tea
Lemonade (*Reg* (13) or *SF*)
Gingerale (*Reg* (23) or *Diet*)
Lemon Lime Soda (*Reg* (26) or *Diet*)
Cola Soda (*Reg* (26) or *Diet*)



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Featured Chef Entrée

We are pleased to provide you with a variety of Chef Specials throughout the week. Please note, these items are only available on the specified meal and day listed. Please click one of the day links below or scroll down to see the Specials.

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[Wednesday](#)

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Monday Specials

Breakfast

Scrambled Eggs (1) Oatmeal (32) , Bacon & Home Fried Potatoes (21)

Served with a Whole Wheat English Muffin (21) & Applesauce (11) .

Lunch

Ultimate Southwest Burrito

Burrito stuffed with black beans, tomatoes, corn, jalapenos and brown rice (43) . Served with Green Beans (6) , Roasted Bell Peppers (2) and Diced Pears(17) .

Chef Salad (6)

Served with Tomato Florentine Soup (12) .

Dinner

Seafood Gumbo

Shrimp, Cod, Onions, Carrots and Celery simmered with Rice, Tomatoes and Tabasco (21) . Served with Collard Greens (21) , Corn Muffin (21) and Tropical Fruit Cup (15) .

Herbed Chicken Breast on a Whole Wheat Bun

A Savory Herbed Chicken Breast with Lettuce and Tomato on a Whole Wheat Bun (31).



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Tuesday Specials

Breakfast

Buttermilk Pancakes (34), **Cream of Wheat®** (23) and **Turkey Sausage Links**
Served with Cinnamon Baked Apples (31).

Lunch

Open Faced Roast Beef Sandwich

Roast Beef served open-faced on White Bread and Brown Gravy (19) . Served with Mashed Potatoes (21), Peas and Carrots (10), and Diced Peaches (15).

Fruit and Cottage Cheese Plate (42)

Served with a Tomato Basil Soup (10) .

Dinner

Red Bean Étouffé

Red Beans in a Rich and Smoky Cajun Broth, loaded with Carrots, Tomatoes, Aromatic Garlic, and Peppers (24). Served with Cauliflower(3) , Corn Muffin (30) and Pineapple Tidbits (20) .

Salisbury Steak

Braised Chopped Beef Steak topped with Brown Gravy (6). Served with Vegetable Soup (13) .



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Room Service x72650

Wednesday Specials

Breakfast

Scrambled Eggs with Vegetables & Cheese
(2), **Oatmeal** (32) & **Home Fried Potatoes** (21)
Served with Mandarin Orange Sections (12) .

Lunch

Chicken Pot Pie

*Crustless Chicken Pot Pie and Vegetables in a
Light Gravy (15) . Served with Green Peas (13)
and Diced Pears (17)) .*

Egg Salad Sandwich on Wheat (26)

Served with Chicken Noodle Soup (10) .

Dinner

Beef Pot Roast

*Slow Roasted Beef Top Round (2), Served with
Mashed Potatoes (21), Gravy (4), Baby Carrots
(9) and Applesauce (11) .*

Chicken Thigh Cacciatore

*Chicken Thighs, Mushrooms and Peppers
sauteed with Garlic, finished with Marinara
Sauce (9) . Served with Penne Pasta (32).*



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Thursday Specials

Breakfast

French Toast (33) , Oatmeal (32) & Bacon

Served with a Banana(22) .

Lunch

Rustic Penne Marinara

Classic Penne Pasta in a Rustic Herbed Marinara Sauce (58) . Served with Broccoli Florets (5) and Diced Peaches (15) .

Tuna Salad on Whole Wheat Bread(29)

Served with Beef and Sweet Peppers Soup (9) .

Dinner

Maple Apple Roasted Turkey

Oven-Roasted Turkey brushed with Maple Apple Glaze (10) . Served with Roasted Garlic Mashed Potatoes (21) , Green Beans & Peppers (4), and Tropical Fruit Cup (15) .

Pasta Baked with Beef and Tomatoes

Elbow Macaroni baked with Ground Beef, Marinara and Onions (26) . Served with a Garden Salad (2) .



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Friday Specials

Breakfast

Oatmeal (32) , Scrambled Eggs (1) and Turkey Sausage

Served a Whole Grain Blueberry Muffin (29) and Diced Pears(17) .

Lunch

Citrus and Herb Crusted Salmon

Citrus Garlic Marinated Salmon Fillet roasted in a Crispy Citrus Herb Crust (1) . Served with Barley Rice Pilaf (20) , Garlic Parmesan Brussels Sprouts (6) and Mandarin Orange Slices (16) .

Chicken Caesar Wrap (36)

Served with Minestrone Soup (13) .

Dinner

Sizzling Sesame Noodle Stir Fry

Snow Peas, Mushrooms, Celery, Onion, and Red Pepper with Angel Hair Noodles (36) . Served with Pineapple Tidbits (20)

Turkey Burger with Cheese

Chargrilled Turkey Patty with American Cheese on a White Bun with Lettuce and Tomato (29) .



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Saturday Specials

Breakfast

Cream of Wheat®(23) , Scrambled Eggs with Veggies and Cheese (2) , and Home Fried Potatoes (21)

Served with a Banana (22) .

Lunch

Herb Crusted Pork Loin

Pork Loin roasted with Honey, Mustard, and Herb Rub. Served with Dijon Roasted Potatoes(21) , Roasted Zucchini (2) and Diced Peaches (15) .

Turkey and Cranberry Spread Sandwich (28)

Served with Chunky Vegetable and Orzo Soup (13) .

Dinner

Farmers Meatloaf

Ground Beef and Turkey Loaf with Onions, Celery, Pepper and Oats (13) . Served with Mashed Potatoes (13) , Corn (13) and No-Added Sugar Vanilla Pudding (16).

Chicken Spinach Pasta Casserole

Penne Pasta with Chicken Breast, Tomato Sauce, Spinach, Basil, Oregano and Parmesan (23).



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Sunday Specials

Breakfast

Apple Cinnamon Oatmeal (32), Scrambled Eggs (1), and Bacon

Served with Mandarin Orange Sections (12) .

Lunch

BBQ Chicken Breast

Baked Chicken Marinated in Barbeque Sauce, Garlic and Oil. Served with Oven Roasted Herb Red Potatoes (22) , Corn (18) , Coleslaw (10) and a Tropical Fruit Cup (15) .

Roast Beef and Cheddar on Rye(30)

Served with Mediterranean Vegetable Soup (11) .

Dinner

Beef Stroganoff

Braised Beef over Egg Noodles(8) . Served with Egg Noodles (21) , Carrots (7) and Diced Peaches (15) .

Cheese Ravioli

Ravioli stuffed with Ricotta and topped with Marinara (35) . Served with a Garden Salad (2) .



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