

# Carbohydrate Controlled Diet

Kitchen x72650

MedStar Franklin Square Medical Center

## 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 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.

### [Featured Chef Entrée](#)

#### Abbreviation Key

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



[Breakfast](#)   [Featured Chef Entree](#)   [Soup/Salad/Sides](#)  
[Grill/Deli](#)   [Dessert](#)   [Beverages](#)

# Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

Kitchen x72650

## 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 (14 EA)

Pancakes (14 EA)

### Sides

Sausage (*Pork Patty · Turkey Link*)

Home Fried Potatoes (16)

English Muffin (*White (30) · Wheat (24)*)

Bagel (*White (51) · Wheat (47)*)

Whole Grain Blueberry Muffin (29)

Greek Yogurt (13) (*Blueberry · Strawberry · Vanilla*)

LF Cottage Cheese (3)

### Whole Fruit

Banana (23)

Seasonal Apple (18)

Orange (16)

Pear (17)

### Chilled Fruit

Fresh Fruit Salad (11)

Diced Pears (17)

Red Grapes (14)

Pineapple Tidbits (20)

Applesauce (11)

Mandarin Oranges (12)

Diced Peaches (15)



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

Kitchen x72650

## Lunch & Dinner

### Hot Entrees & Grill

Herb Baked Chicken Breast

Salisbury Steak (4)

Citrus Herb Tilapia

Baked Chicken Tenders (32)

Burgers: (*All-Beef Burger · Turkey · Veggie*  
(21))

Chicken Breast Sandwich (30)

Grilled Cheese (28)

### Deli Sandwiches

Turkey

Roast Beef

Chicken Salad (3)

Tuna Salad (3)

Egg Salad (3)

### Entrée Salads

Cottage Cheese Fruit Plate (42)

Pita & Vegetables w/ Hummus (55)

Chicken Caesar Salad (9)

Chef Salad (9)



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

Kitchen x72650

## Soups, Side Salads & Sides

### Soups

Chicken Noodle (10)      Beef Broth (3)  
Tomato Basil (12)      Chicken Broth (2)  
Vegetable (10)      Vegetable Broth (3)

### Side Salads

Garden Side Salad (2)  
Carrot & Celery Sticks (3)

### Salad Dressings

Ranch      Italian  
Fat Free Ranch      Diet Italian  
French  
Diet French

### Vegetables

Green Beans (6)  
Baby Carrots (7)

### Starches

Mashed Potatoes (20)  
Penne Pasta (32)  
Macaroni & Cheese (30)  
Steamed Rice (*White* (22) · *Brown* (20))  
Dinner Roll (*White* (17) · *Wheat* (15))  
Potato Chips (15)  
Pretzels (23)



[Breakfast](#)    [Featured Chef Entree](#)    [Soup/Salad/Sides](#)  
[Grill/Deli](#)      [Dessert](#)      [Beverages](#)

# Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

Kitchen x72650

## Desserts

### Cookies and Bakery

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

### Frozen

Ice Cream (*Vanilla (16) · Chocolate (17) ·  
    Strawberry (16)*)  
Fruit Ice (*Lemon (22) · Cherry (22)*)

### 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)      Pear (17)

### Chilled Fruit

Fresh Fruit Salad (11)      Diced Pears (17)  
    Red Grapes (14)      Pineapple Tidbits (20)  
    Applesauce (11)      Mandarin Oranges (12)  
Diced Peaches (15)



[Breakfast](#)      [Featured Chef Entree](#)      [Soup/Salad/Sides](#)  
[Grill/Deli](#)      [Dessert](#)      [Beverages](#)

# Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

Kitchen x72650

## Beverages

### Juice

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

### Milk

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

### Hot

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

### Cold

- Decaf Iced Tea
- SF Lemonade
- Diet Gingerale
- Diet Lemon Lime Soda
- Diet Cola Soda



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

Kitchen x72650

## 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.

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

[Saturday](#)

[Sunday](#)



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

Kitchen x72650

## Monday Specials

### Breakfast

**Scrambled Eggs, Oatmeal (32), Bacon, & Home Fried Potatoes (16)**

*Served with a Whole Wheat English Muffin (24), & Applesauce (11)*

### Lunch

#### Roasted Turkey Breast

*Carved Boneless Turkey Breast, Mashed Potatoes (20), Poultry Gravy (4), & Green Beans (5) Served with Diced Pears (17)*

#### Chicken Salad Sandwich on Wheat (31)

*Served with Broccoli Cheddar Soup (9)*

### Dinner

#### Chicken Alfredo (61)

*Rotini Pasta Tossed with Chicken and a Rich Alfredo Sauce. Served with a Garden Side Salad (2), Garlic Bread (10), & a Chocolate Chip Cookie (22)*

#### Roasted Tilapia

*Tilapia Lightly Seasoned and Roasted. Served with Corn Succotash (17)*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)



# Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

Kitchen x72650

## Tuesday Specials

### Breakfast

**Buttermilk Pancakes (25), Cream of Wheat® (23), & Turkey Sausage Links**

*Served with a Banana (22)*

### Lunch

#### BBQ Chicken

*Grilled BBQ Chicken Breast, White Rice (22), & Steamed Broccoli (6). Served with Tropical Fruit Cup (15)*

#### Turkey & Swiss Sandwich on Wheat (29)

*Served with Mediterranean Vegetable Soup (15)*

### Dinner

#### Chicken Pot Pie

*Chicken and Vegetables in a Light Gravy, Topped with a Flakey Crust (35). Served with a Garden Side Salad (2), & Pound Cake (25)*

#### Salisbury Steak

*Braised Chopped Beef Steak topped with Brown Gravy (4). Served with Mashed Potatoes (20), & Roasted Zucchini (3)*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

Kitchen x72650

## Wednesday Specials

### Breakfast

**Scrambled Eggs with Vegetables & Cheese (2), Oatmeal (32), & Home Fried Potatoes (16)**  
*Served with a Whole Wheat English Muffin (24), & Diced Pears (17)*

### Lunch

**Penne Pasta with a Classic Tomato Meat Sauce (39)**  
*Served with Green Beans (5), Garden Salad (2), & a Chocolate Chip Cookie (22)*

**Egg Salad Sandwich (31)**  
*Served with Vegetable Soup (10)*

### Dinner

**Beef Pot Roast**  
*Slow Roasted Beef Top Round (2), Herb Roasted Potatoes (17), Gravy (4), & Baby Carrots (9) served with Applesauce (11)*

**Pork Carnitas**  
*Latin Spiced Slow Roasted Pork Shoulder, Roasted Red Peppers (2), Steamed White Rice (22), & Baja Vegetables (8)*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

Kitchen x72650

## Thursday Specials

### Breakfast

**French Toast (28), Raisin Bran® (28), & Bacon**

*Served with a Banana (22)*

### Lunch

**Savory Rotisserie Bone-in Chicken Leg and Thigh**

*Oven Roasted Chicken Quarter with Savory Rotisserie Rub. Served with Cauliflower (3), Mashed Sweet Potato (26), & Vanilla Pudding (22)*

**Tuna Salad on Whole Wheat Bun (31)**

*Served with Chicken Noodle Soup (11)*

### Dinner

**Balsamic Herb-Roasted Turkey**

*Carved Balsamic Marinated Turkey Breast, Traditional Bread Stuffing (15), Poultry Gravy (4), Green Beans (6), & Diced Peaches (15)*

**Baked Ziti with Vegetables (32)**

*Baked Pasta Topped with House Made Tomato Sauce, Cheese, and a Medley of Baby Carrots, Squash, Mushrooms, and Peppers. Served with a Garden Salad (2).*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

Kitchen x72650

## Friday Specials

### Breakfast

**Egg, Potato and Cheese Breakfast Bowl (25),  
& Oatmeal (32)**

*Served with Diced Pears (17).*

### Lunch

**BBQ Beef Sandwich (28)**

*Hickory Smoked Beef Brisket on a Bun.  
Served with Macaroni and Cheese (30) &  
Creamy Coleslaw (10)*

**Chicken Caesar Salad (9)**

*Served with Tomato Basil Soup (12)*

### Dinner

**Chicken Parmesan Fresca**

*Marinated Grilled Chicken Breast topped  
with Marinara and Mozzarella Cheese (3).  
Served with Penne Pasta (32), Steamed  
Broccoli (6), & a Chocolate Chip Cookie (22)*

**Lemon Dill Cod**

*Cod baked with lemon and dill. Served with  
Roasted Red Potatoes (17), Broccoli (6) &  
Applesauce (11)*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

Kitchen x72650

## Saturday Specials

### Breakfast

**French Toast (28), Cream of Wheat® (23), &  
Pork Sausage Patty**

*Served with a Banana (22)*

### Lunch

**Chicken Teriyaki Stir Fry (11)**

*Marinated Chicken Tossed with Stir Fried  
Vegetables & Teriyaki. Served with Steamed  
White Rice (22), & Sponge Cake (21)*

**Roast Beef Sandwich on Wheat (27)**

*Served with Vegetable Soup (20)*

### Dinner

**Farmers Meatloaf**

*Traditional Meatloaf (11) with Gravy (4),  
Mashed Potatoes (20), & Green Beans (6).  
Served with a Chocolate Chip Cookie (22)*

**Jerk Chicken Thighs**

*Caribbean Style Chicken served with Wild  
Rice Pilaf (27), & Green Beans (6)*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Carbohydrate Controlled Diet

MedStar Franklin Square Medical Center

Kitchen x72650

## Sunday Specials

### Breakfast

**Buttermilk Pancakes (25), Oatmeal (32), & Turkey Sausage Links**

*Served with Diced Pears (17)*

### Lunch

#### Traditional Beef Stew

*Braised Beef, Potatoes, & Carrots in a Savory Sauce (11) Served with Oven Roasted Zucchini & a Chocolate Brownie (27)*

**Hummus & Roasted Vegetable Wrap (50)**

*Served with Seedless Red Grapes (14), & Mushroom Barley Soup (10)*

### Dinner

#### Basil Chicken Breast

*Chicken Breast Marinated with Italian Spices. Served with Oven Roasted Potatoes (17), Roasted Vegetables (8), & Pineapple Tidbits (20)*

#### Cheese Stuffed Shells

*Ricotta Stuffed Shells topped with Marinara (38) and served with a Garden Salad (2)*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)