

Carbohydrate Controlled Diet

Kitchen x46424

MedStar Georgetown University Hospital

Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are reviewing at the Carbohydrate Controlled Diet Menu for MedStar Georgetown University Hospital.

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



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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

MorningStar Veggie Sausage® (4)
Turkey Sausage
Pork Sausage
English Muffin (*White* (30) · *Wheat* (24))
Bagel (*White* (51) · *Wheat* (24))
Whole Grain Blueberry Muffin (29)
Greek Yogurt (13) (*Blueberry · Strawberry · Vanilla*)
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)



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Lunch & Dinner

Hot Entrees & Grill

Herb Baked Chicken Breast

Salisbury Steak (4)

Citrus Herb Tilapia

Baked Chicken Tenders (32)

Burgers: (Natural Beef · Cheeseburger ·

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)



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Soups, Side Salads & Sides

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

Italian (1) Ranch
Fat Free Italian Fat Free Ranch (2)
Caesar (1) French (3)
Balsamic Vinaigrette (3) Fat Free French (4)

Vegetables

Green Beans (6)
Baby Carrots (7)

Starches

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



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Desserts

Cookies and Bakery

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

Frozen

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



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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 Chocolate (25)
- Lactose Free (12)
- Soy (9)

Hot

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

Cold

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



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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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Monday Specials

Breakfast

Old Fashioned Oatmeal (32), Scrambled Egg, Home Fried Potato (16), & Crisp Bacon Slice

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

Lunch

Roasted Herb Chicken Thigh

Juicy Chicken Thigh Herb Marinated and Roasted with Mashed Potatoes (20), Poultry Gravy (4) and Green Beans (5). Served with Diced Pears (17)

Chicken Salad Sandwich (31)

Served with Beef and Sweet Pepper Soup (4)

Dinner

Baked Ziti with Vegetables (32) & Broccoli Florets (6)

Served with a Garden Side Salad (2) & an Oatmeal Raisin Cookie (22).

Citrus Herb Tilapia

Tilapia Marinated in a Blend of Orange, Lemon Juice and Herbs. Served with White Rice (22), Fresh Broccoli (6) and Chicken Noodle Soup (10).



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Tuesday Specials

Breakfast

Buttermilk Pancakes (32), Cream of Wheat[®] (23) & Turkey Sausage Links

Served with a Banana (22)

Lunch

Pork Carnitas

Slow Roasted Pork Shoulder with Latin Spice Blend, Roasted Red Bell Peppers (2), Spanish White Rice (21) and Corn (19). Served with a Tropical Fruit Cup (15).

Turkey and Swiss on Wheat (29)

Served with Mediterranean Vegetable Soup (4)

Dinner

Chicken Pot Pie

Chicken and Vegetables in a Light Gravy, Topped with a Flakey Crust (35). Served with California Mixed Vegetables (6) and Pound Cake (25).

Salisbury Steak (4)

Braised Chopped Beef Steak Topped with Brown Gravy. Served with Portobello Mushroom and Barley Soup (10).



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Wednesday Specials

Breakfast

**Scrambled Eggs with Vegetables &
Cheese (2), Oatmeal (32) &
Home Fried Potatoes (16)**

*Served with a Toasted Whole Wheat English
Muffin (24) & Diced Pears (17)*

Lunch

**Penne Pasta Served with a Classic Tomato
Meat Sauce (39)**

*Served with Green Beans (5), Garden Salad
(2), and a Chocolate Chip Cookie (22).*

Egg Salad on Wheat (30)

Served with Vegetable Soup (10)

Dinner

Beef Pot Roast

*Carved Slow Roasted Beef Top Round (2),
Mashed Potatoes (20), Gravy (4) and Baby
Carrots (9). Served with Applesauce (11).*

BBQ Chicken Breast

*Marinated Roasted BBQ Chicken Breast.
Served with Tomato Basil Soup (12).*



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Thursday Specials

Breakfast

French Toast (28) & Crisp Bacon Slice

Served with a Banana (22)

Lunch

Savory Rotisserie Bone-in Chicken Leg and Thigh

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

Tuna Salad on Whole Wheat Bun (17)

Served with Beef and Sweet Pepper Soup (4)

Dinner

Crispy Baked Fish (20)

White Fish Coated in Bread Crumbs and Baked Until Crispy Served with Traditional Bread Stuffing (15), Poultry Gravy (4) and Green Beans (6).

Pasta Baked with Beef & Tomatoes (25)

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



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Friday Specials

Breakfast

Cheese Omelet, Oatmeal (32) & Turkey Sausage Links

*Served with a Whole Grain Blueberry Muffin
(29) & Diced Pears (17)*

Lunch

Herb Roast Beef

*Slow Cooked Herb Marinated Beef with
Mashed Potatoes (20), Gravy (4) & Carrots (9).
Served with an Oatmeal Raisin Cookie (22).*

Chef Salad (9)

Served with Tomato Basil Soup (12)

Dinner

Citrus Herb Tilapia

*Tilapia Marinated in a Blend of Orange,
Lemon Juice and Herbs. Served with
Oven Roasted Herb Red Potatoes (17), Fresh
Broccoli (6) and Applesauce (11).*

BBQ Pulled Pork (13)

*Slow Cooked Pork Shoulder with BBQ Sauce.
Served with Coleslaw (10), Cornbread (30) and
Applesauce (11).*



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Saturday Specials

Breakfast

**French Toast (28), Home Fried Potatoes (16)
& Crisp Bacon Slice**

Served with a Banana (22)

Lunch

Basil Chicken Breast

*Basil Marinated Chicken Breast, Rice Pilaf
with Peppers (39) and California Mixed
Vegetables (11). Served with a Tropical Fruit
Cup (15).*

Roast Beef on Wheat (27)

Served with Vegetable Soup (10)

Dinner

Farmers Meatloaf (11)

*Traditional Meatloaf with Gravy (4), Mashed
Potatoes (20) and Carrots (9). Served with a
Chocolate Chip Cookie (22).*

Chicken Parmesan Fresca (3)

*Marinated Grilled Chicken Breast Topped
with Marinara and Mozzarella Cheese.*



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Sunday Specials

Breakfast

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

Served with Diced Pears (17)

Lunch

Traditional Beef Stew (11)

Braised Beef, Potatoes, & Carrots in a Savory Sauce. Served with Cornbread Muffin (29), Diced Peaches (15).

Egg Salad on Wheat (30)

Served with Mediterranean Vegetable Soup (15).

Dinner

Lemon Sage Chicken Breast

Chicken Breast Marinated in Oil, Lemon Juice, Sage and Garlic. Served with Seasoned Brown Rice (20), Oregano Green Beans (5) and Pineapple Tidbits (20).

Cheese Stuffed Shells (38)

Marinara Topped Pasta Shells Stuffed with Ricotta. Served with a Garden Salad (2).



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