

# Carbohydrate Controlled Diet

MedStar Southern Maryland Hospital Center

Kitchen x4558

## Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are reviewing the Carbohydrate Controlled Diet Menu for MedStar Southern Maryland Hospital 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

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.

### Abbreviation Key

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



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## Breakfast

### Entrees

Scrambled Eggs

Hard Cooked Egg

French Toast (14)

Buttermilk Pancakes (15)

### Create Your Own Omelet

Ham (1)

Mushrooms (1)

Bacon

Green Pepper (1)

Sausage

Onion (1)

American Cheese

Tomato (1)

Cheddar Cheese

Spinach

Mozzarella Cheese

### Sides

Hash Brown Potatoes (22)

Bacon

Turkey Bacon

Turkey Sausage

Morningstar Veggie Sausage (4)

Cottage Cheese (3)

### Cereal

Cream of Wheat (23)

Raisin Bran (28)

Oatmeal (32)

Rice Krispies (23)

Cheerios (20)

Rice Chex (16)

Corn Flakes (18)

### Greek Yogurt

Vanilla (11)

Blueberry (13)

Strawberry (13)

### Bread

Bagel (51)

English Muffin (30)

Toast (12)

Blueberry Muffin (18)



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## Lunch/Dinner

### Entrees

- Pasta with Meat Sauce (39)
- Herb Baked Chicken Leg Quarter
- Herb Baked Chicken Breast
- Jerk Chicken Thigh
- Macaroni and Cheese (43)
- Roasted Turkey Breast
- Salmon Cake (14)
- Meatloaf (9)
- Braised Beef Pot Roast (2)

### From the Grill (26)

*-Sautéed mushroom and onion available upon request*

- All Beef Hamburger
- Veggie Burger (21)
- Chicken Breast
- Turkey Burger

### Create Your Own Quesadilla (34)

*-Served with lettuce, tomato, sour cream and salsa*

- Steak
- Cheese
- Chicken
- Veggie

### Create Your Own Stir Fry

*-Served with white rice (22) and stir-fry veggies*

- Beef
- Veggie
- Chicken
- Tofu (10)

### Flatbread Pizza (35)

- Pepperoni
- Green Pepper (1)
- Ham (1)
- Tomato (1)
- Fresh Mozzarella
- Onion (2)
- Mushroom (1)
- Spinach (1)
- Black Olives (1)



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## Soups, Sandwiches and Salads

### Create Your Own Deli

*Bread: White (30) • Wheat (24) • Rye (34) • Flour Tortilla (34)*

Roast Turkey	Egg Salad (3)
Roast Beef	Tuna Salad (3)
Ham (1)	Chicken Salad (3)
Peanut Butter & Jelly (47)	Hummus (15)

### Entrée Salads

Chef Salad (9)
Chicken Caesar Salad (9)
Strawberry Fields Salad (34)
Fresh Fruit Platter (26)
Hummus with Pita and Vegetables (35)

### Side Salads

Garden Salad (2)	Cole Slaw (10)
Caesar Salad (7)	Cottage Cheese (3)

### Salad Dressings

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

### Soups

Tomato (11)	Beef Broth (3)
Chicken Noodle (11)	Chicken Broth (2)
Garden Vegetable (7)	Vegetable Broth (2)
Cream of Potato (17)	



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## Sides

### Vegetables

- Baby Carrots (7)
- Broccoli (4)
- Cauliflower (3)
- Green Beans (6)
- Yellow Squash (4)

### Starches

- Roasted Potato Wedges (15)
- Mashed Potatoes (20)
- Mashed Sweet Potatoes (23)
- French Fries (24)
- Macaroni and Cheese (30)
- White Rice (22)

### Compliments

- Dinner Roll (17)
- Baked Potato Chips (22)
- Pretzels (23)
- Crackers (5)



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## Desserts

### Cookies and Cakes

- Oatmeal Raisin Cookie (22)
- Chocolate Chip Cookie (22)
- Sugar Cookie (22)
- Vanilla Wafers (18)
- Graham Crackers (17)
- Chocolate Brownie (27)
- Angel Food Cake (28)
- Apple Crisp (24)

### Frozen

- Chocolate Ice Cream (17)
- Vanilla Ice Cream (16)
- Orange Fruit Ice (20)
- Cherry Fruit Ice (19)
- Lemon Fruit Ice (20)

### Pudding and Gelatin

- Diet Vanilla Pudding (16)
- Diet Chocolate Pudding (16)
- Assorted Diet Gelatin Flavors (1)

### Fruit

- |                     |                        |
|---------------------|------------------------|
| Apple (18)          | Diced Pears (17)       |
| Banana (22)         | Diced Peaches (15)     |
| Orange (16)         | Pineapple Tidbits (20) |
| Fresh Fruit Cup (6) | Applesauce (11)        |



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## Beverages

### Milk

1% (12)

Fat Free (12)

Whole (12)

Chocolate (25)

Lactose Free (12)

Soy (9)

### Hot

Coffee

Decaf Coffee

Tea

Decaf Tea

Diet Hot Chocolate (10)

### Cold

Iced Tea

Diet Lemonade

Diet Gingerale

Diet Lemon Lime Soda

Diet Cola Soda



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