

Carbohydrate Controlled Diet

MedStar Washington Hospital 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 Washington 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

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



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Carbohydrate Controlled Diet

MedStar Washington Hospital 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: (<i>Scrambled · Cholesterol-Free · Hard Cooked</i>)
French Toast (14 EA)
Pancakes (14 EA)

Sides

MorningStar Veggie Sausage® (4)
Home Fried Potatoes (16)
English Muffin (<i>White (30) · Wheat (24)</i>)
Bagel (<i>White (51) · Wheat (24)</i>)
Whole Grain Blueberry Muffin (29)
Greek Yogurt (13) (<i>Blueberry · Strawberry · Vanilla</i>)
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)	



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

Carbohydrate Controlled Diet

MedStar Washington Hospital Center

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)



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Carbohydrate Controlled Diet

MedStar Washington Hospital Center

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

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)



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Carbohydrate Controlled Diet

MedStar Washington Hospital Center

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)



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

Carbohydrate Controlled Diet

MedStar Washington Hospital Center

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
- Diet 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 Washington Hospital Center

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 Washington Hospital Center

Monday Specials

Breakfast

Scrambled Eggs, Oatmeal (32), Home Fried Potatoes (16), & MorningStar® Veggie Sausage (4)

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

Lunch

Roasted Turkey Breast

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

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).

Dinner

Bowtie Pasta, Spinach and Feta (32), & Broccoli Florets (6)

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

Salisbury Steak (4)

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



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Carbohydrate Controlled Diet

MedStar Washington Hospital Center

Tuesday Specials

Breakfast

Buttermilk Pancakes (25), Cream of Wheat® (23), & MorningStar® Veggie Sausage (4)

Served with a Banana (22)

Lunch

Full O' Beans Chili (19)

Traditional Chili Spices and Tomatoes with Chickpeas, Black, Kidney, and Lima Beans.

Served with Corn Bread (30).

Pork Carnitas

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

Dinner

Crispy Tofu and Vegetable Stir-Fry (33)

Crispy Marinated Tofu with Vegetables, Stir Fried in Teriyaki Hoisin Sauce.

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).



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Carbohydrate Controlled Diet

MedStar Washington Hospital Center

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 (19)

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

BBQ Chicken Breast

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

Dinner

Portobello Stroganoff (76)

A Light Creamy Sauce made with Portobello Mushrooms over Rotini Pasta.

Beef Pot Roast

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



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Carbohydrate Controlled Diet

MedStar Washington Hospital Center

Thursday Specials

Breakfast

French Toast (28), Raisin Bran® (28), & MorningStar® Veggie Sausage (4)

Served with a Banana (22)

Lunch

Vegetarian Tortilla Soup (17)

Zucchini and Tomato Simmered in Vegetable Broth Seasoned with Ancho Chipotle Chili Finished with Lime, Cheddar Cheese, and Corn Tortilla. Served with a Quinoa, Hominy, & Strawberry Side Salad (15).

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).

Dinner

Balsamic Herb-Roasted Turkey

Carved Balsamic Marinated Turkey Breast, 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).



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Carbohydrate Controlled Diet

MedStar Washington Hospital Center

Friday Specials

Breakfast

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

Served with Diced Pears (17)

Lunch

Salmon Cake (14) with Remoulade Sauce (2)

Crispy Baked Salmon Patty with Trinity Quinoa (34) and Squash Noodles (2). Served with an Oatmeal Raisin Cookie (22).

Chicken Parmesan Fresca (3)

Marinated Grilled Chicken Breast Topped with Marinara and Mozzarella Cheese.

Dinner

Black Bean Quesadilla (74)

Hearty Grain Tortilla with Cheddar Cheese, Black Beans, Spicy Roasted Vegetables, and Salsa.

BBQ Chicken

Slowed Cooked Chicken with BBQ Sauce. Served with Coleslaw (10), Cornbread (30), and Applesauce (11).



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Carbohydrate Controlled Diet

MedStar Washington Hospital Center

Saturday Specials

Breakfast

Mushroom and Roasted Tomato Frittata (6) & Cream of Wheat® (23)

Served with a Banana (22)

Lunch

Cauliflower Tofu Curry (20) over Thai Fried Rice (40)

*Stir Fried Cauliflower Tossed in an Indian
Curry Sauce served over Thai Fried Rice
seasoned with Garlic and Lemon Grass.*

Jerk Chicken Thigh

*Caribbean Style Spicy, Tender, Juicy Chicken
with Wild Rice Pilaf (31) and Butternut
Squash and Shallots (4). Served with a
Tropical Fruit Cup (15).*

Dinner

Farmers Meatloaf

*Traditional Meatloaf (11) with Gravy (4),
Mashed Potatoes (20), and Carrots (9). Served
with a Chocolate Chip 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).*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Carbohydrate Controlled Diet

MedStar Washington Hospital Center

Sunday Specials

Breakfast

Buttermilk Pancakes (25), Oatmeal (32), & MorningStar® Veggie Sausage (4)

Served with Diced Pears (17)

Lunch

Traditional Beef Stew

Braised Beef, Potatoes, & Carrots in a Savory Sauce (11). Served with Cornbread Muffin (29), Diced Peaches (15), and a Chocolate Brownie (27).

Cheese Stuffed Shells (38)

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

Dinner

Hummus & Roasted Vegetable Wrap (50)

Tortilla, Roasted Vegetables, Hummus, Romaine & Iceberg Lettuce, and Tomatoes. Served with Seedless Red Grapes (14) & Mediterranean Vegetable Soup (15).

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).



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)