

CARBOHYDRATE CONTROLLED DIET

UC Davis Health Patient Menu

Meal Delivery Times:

Breakfast 6:45 a.m. – 9:30 a.m.

Lunch 11:00 a.m. – 2:00 p.m.

Dinner 4:45 p.m. – 7:30 p.m.



How to make selections:

1. Please review the menu daily so you are ready with your selections.
2. A Dietetic Assistant will call or visit you daily to get your menu choices.
3. The Daily Special will be automatically delivered if you do not make selections.

Please note, menu items may need to be adjusted to meet special diet needs prescribed by your doctor. Some items may be restricted.

Carbohydrate Controlled Diet

(includes grams of carbohydrates listed in parentheses)

Food and Nutrition Services offers a menu of fresh, seasonal, locally grown foods and ingredients. Chicken breasts and thighs are local and “no antibiotics ever”. Beef for hamburgers, meatloaf, and meatballs is grass-fed.

Daily breakfast options may include 10 grain hot cereal (37g) or cream of wheat (31g), low fat milk (15g), coffee (0g), and non-dairy creamer (1g).

Sunday

Breakfast: Buttermilk pancake (15 g each), sugar-free maple syrup (4g), scrambled eggs (1g)

Lunch: BBQ chicken thigh (17g), mashed potatoes (19g), and baby carrots (20g)

Dinner: Chicken teriyaki(12g), spicy broccoli (6g), brown rice (22g), garden salad with ranch dressing (5g), and apple slices (8g)

Soup of the Day: Chicken noodle (22g)

Monday

Breakfast: Vegetarian quiche (20g) and turkey sausage (1g)

Lunch: Alfredo pasta and vegetables (36g), roasted vegetables (4g), and orange slices (13g)

Dinner: Chicken marsala (1g), roasted red potatoes (15g), cauliflower and carrots (8g), and a peach cup (12g)

Soup of the Day: Red lentil (21g)

Tuesday:

Breakfast: Buttermilk pancakes (15g each), sugar-free maple syrup (4g), and scrambled eggs (1g)

Lunch: Chicken tinga (3g), black beans (14g), corn tortillas (15g each), garden salad with ranch (5g)

Dinner: Meatloaf (7g), mashed red potatoes (19g), mushroom gravy (3g), baby carrots (20g), and apple slices (8g)

Soup of the Day: Chicken gumbo (12g)

Wednesday:

Breakfast: Veggie scrambled eggs (15g), breakfast potatoes (21g), and turkey sausage (1g)

Lunch: Homestyle chicken (3g), roasted red potatoes (15g), baby carrots (20g), and apple slices (8g)

Dinner: Chicken parmesan (13g), marinara (3g), pasta (21g), roasted vegetables (4g), and orange slices (13g)

Soup of the Day: Butternut squash (15g)

Thursday:

Breakfast: Buttermilk pancake (15g each), sugar-free maple syrup (4g), and scrambled eggs (1g)

Lunch: Roast turkey (0g), Yukon Gold mashed potatoes (15g), chicken gravy (2g), cauliflower and carrots (8g), and a banana (23 g)

Dinner: Chicken chile verde (3g), house-made refried beans (13g), Spanish rice (27g), squash sofrito (5g), baby carrots (5g), and ranch dressing (2g)

Soup of the Day: Chicken tortilla (19g)

Friday:

Breakfast: Vegetable frittata (13g) and turkey sausage links (1g)

Lunch: Pasta with bolognese sauce (36 g) and roasted vegetables (4g)

Dinner: House made meatballs (12g), herbed gravy (3g), buckwheat (30g), and summer bean medley (9g)

Soup of the Day: Clam Chowder (16g)

Saturday:

Breakfast: Buttermilk pancakes (15g each), sugar-free maple syrup (4g), scrambled eggs (1g), and breakfast potatoes (21g)

Lunch: Hamburger (38 g), tomato, lettuce and onion and pickles (3g), apple slices (8g), and baby carrots (10g)

Dinner: Lemon herb salmon (4g) or oven fried chicken (13g), roasted potatoes (17g), broccoli (10g), and orange slices (13g)

Soup of the Day: Minestrone (17g)

Beverages:

Milk: Skim (12g), low-fat 1% (15 g), whole (11g), lactose-free (13 g), chocolate (22 g), soy (18 g), or almond (13g)

Juice: Diet cranberry (2g)

Hot beverage: Coffee, tea, sugar-free hot chocolate (0g)

Bottled water

Additional Selections

Breakfast Entrees

Entrees: Scrambled eggs (1g), buttermilk pancakes (15g each), French toast (23g each), breakfast potatoes (21g)

Breads: Blueberry bagel (34g for half), plain bagel (32g for half), English muffin (24g), white (14g) or wheat toast (21g)

Cereals: 10 Grain Hot Cereal (32 g), Cream of Wheat (16 g), Cheerios (14 g), Rice Krispies (21g), or Total Raisin Bran (28g)

Fruits: Fresh fruit plate (57 g) or fresh fruit and cottage cheese plate (32g)

Lunch and Dinner Entrees

Entrees: Grilled seasoned chicken breast (2g), Roasted salmon (0g), Ground turkey tacos (39 g), Chicken strips (5g), Pasta torchiette (21g), macaroni noodles (21g) or gluten-free spaghetti noodles (31 g) with choice of sauce: marinara (3g), Alfredo sauce (2g), or lemon herb sauce (5g)

Burger: Hamburger (34g), cheeseburger (35g), turkey burger (34g), garden burger (55g)

Pizza: Cheese (43g)

Sandwiches: Vegetarian (48g), turkey (43g), ham (42g), tuna salad (44g), egg salad (43g), peanut butter and jelly (50g), grilled ham or cheese (44g)

Salad: Chicken Caesar (18g), ground turkey taco (26g), chef salad (8g), vegetarian taco salad (32g)

Fruit: Fresh fruit plate (57g)

Lunch and Dinner Side Items

Sides: Mashed potatoes (18g) and gravy (2g), brown rice (22 g), jasmine rice (24 g), or French Fries (28g)

Pasta: Torchiette (21g), macaroni noodles (21g), or gluten-free spaghetti noodles (31 g)

Dinner roll: White (19 g) or wheat (19 g)

Fruit: Apple slices (8g), red grapes (19g), orange slices (13g), banana (23 g), fresh melon cup (15g); canned peaches (11g), mandarin oranges (13 g), or applesauce (13 g)

Vegetables: Baby carrots (10g), broccoli (10g), zucchini (6g), side salad (3g) with choice of diet ranch (3g) or diet Italian dressing (1g)

Soups (all low sodium): Chicken noodle (22g), tomato (7g), or broth (1g)

Desserts

Sugar-free Jell-O (1 g), pudding (13g), shortbread cookies (18g), or animal cookies (22 g) or sugar-free lemon Italian ice (10g)