

LOW SODIUM 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.

Low Sodium 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 Total Raisin Bran (28g), 10 grain hot cereal (37g), low fat milk(15g), and coffee. **Breakfast, lunch, and dinner are served with milk.** Soup will be served upon request.

Sunday

Breakfast: Scrambled eggs (1g) and breakfast potatoes (21g)

Lunch: BBQ chicken thigh (17g), mashed potatoes (19g), baby carrots (10g), and a banana (23g)

Dinner: Chicken teriyaki (12g), spicy broccoli (6g), and brown rice (22g)

Soup of the Day: Chicken noodle (22g)

Monday

Breakfast: Scrambled eggs (1g), breakfast potatoes (21g), and red grapes (19g)

Lunch: Alfredo pasta and vegetables (36g), roasted vegetables (4g), and apple slices (8g)

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

Soup of the Day: Red lentil (21g)

Tuesday:

Breakfast: French toast (23g) and peach yogurt (28g)

Lunch: Chicken tinga (3g), black beans(14g), corn tortillas (31g), cilantro lime rice (27g), and a banana (23g)

Dinner: Meatloaf (7g), mashed potatoes (19g), mushroom gravy (3g), and broccoli (10g)

Soup of the Day: Chicken gumbo (12g)

Wednesday:

Breakfast: Veggie scrambled eggs (15g) and breakfast potatoes (21g)

Lunch: Homestyle chicken (3g), mashed potatoes (19g), garlic green beans (9g), and apple slices (8g)

Dinner: Parmesan chicken (13 g), pasta (21g), marinara sauce (3 g), roasted vegetables (4g), and red grapes (19g)

Soup of the Day: Butternut squash (15g)

Thursday:

Breakfast: Scrambled eggs (1g) and breakfast potatoes (21g)

Lunch: Roast turkey (0g), mashed potatoes (19g), gravy (2g), cauliflower and carrots (8g), and a banana (23 g)

Dinner: Chicken chile verde (3g), Spanish rice (27g), zucchini (6g), garden salad (3g) with diet Italian dressing (1g)

Soup of the Day: Chicken tortilla (19g)

Friday:

Breakfast: Vegetable frittata (13g), breakfast potatoes (21g), and a banana (23g)

Lunch: Pasta with portobello bolognese sauce (31g), roasted vegetables (4g), and a banana (23 g)

Dinner: House made meatballs (12g), herbed gravy (3g), mashed potatoes (19g), and summer bean medley (9g)

Soup of the Day: Clam chowder (16g)

Saturday:

Breakfast: French toast (23g) and apple slices (8g)

Lunch: Hamburger (38g), tomato, lettuce and onion (2g) and baby carrots (10g)

Dinner: Lemon herb salmon (4g) or oven fried chicken (13g), brown rice (24g), and broccoli and carrots (7g)

Soup of the Day: Minestrone (17g)

Beverages:

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

Juice: Orange (14g), apple (14g), prune (20g), cranberry (16g), cran-grape (16g) or diet cranberry (2g)

Hot beverage: Coffee (regular or decaf) (0g), tea (regular or decaf) (0g), hot chocolate (17g), hot chocolate no sugar added (10g)

Bottled water

Additional Selections

Breakfast Entrees

Entrees: Scrambled eggs (1g), buttermilk pancakes (15g each), French toast (23g each), breakfast potatoes (21g), fresh fruit plate (57g)

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

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

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 (31g) with choice of sauce: marinara (3g), alfredo sauce (2g), or lemon herb sauce (5g)

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

Sandwiches: Vegetarian (48g), turkey (43g), tuna salad (44g), egg salad (43g), grilled cheese (43g)

Salad: Chicken caesar (18g), taco (13g), chef salad (7g)

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)

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

Sorbet (21g), Italian ice (20g), Jell-O (22g), pudding (21g), shortbread cookies (18g), or animal cookies (23 g)