

# CONSISTENT CARBOHYDRATE MENU

## Chef Daily Specials

Your doctor has prescribed a Consistent Carbohydrate (CHO) diet for you during your stay. This diet is used to control diabetes or high blood sugar. Carbohydrates are the foods that raise your blood sugar. Examples are milk, fruit, and starches (rice, pasta, bread, corn, potatoes, beans). These foods should be evenly spread throughout the day. Sugar substitutes can be requested as sweetener. This diet allows you to eat the foods you want, if you stay within your CHO levels for each meal. The number of CHO grams is listed next to the food items below to assist you when ordering.

Your doctor will prescribe one of the CHO levels listed below that best meets your needs:

Level 1: 45 g CHO / Meal (1 snack = 15-20 g CHO, optional)

Level 2: 60 g CHO / Meal (1-2 snacks = 15-20 g CHO, optional)

Level 3: 75 g CHO / Meal (1-2 snacks = 15-20 g CHO, optional)

Revised Feb 2022

	BREAKFAST	LUNCH	DINNER
<b>SUNDAY</b>	2 Buttermilk Pancakes (33) with SF Syrup (4), Turkey Sausage Patty & Diced Pears (18)	Turkey Tetrazzini (37), Broccoli Florets (4) & Mixed Green Salad (2) or Southwest Chicken Salad & Tomato Basil Soup (10)	Chicken Marsala (10), White Rice (22) & Baby Carrots (9) or Lasagna with Meat Sauce (30) & Caesar Salad (8)
<b>MONDAY</b>	Scrambled Eggs, Hash Brown Potatoes (15), Bacon, Oatmeal (24), Apple Sauce (12)	Roasted Turkey Breast with Gravy (4), Mashed Potatoes (22) & Green Beans (6) or Roast Beef with Cheddar on Rye (27) & Tomato Basil Soup (10)	Baked Ziti (34) with Broccoli Florets (4) or Cranberry Dijon Chicken Breast (1), Brown Rice (20) & California Vegetable Blend (4)
<b>TUESDAY</b>	1 Buttermilk Pancake (17) with SF Syrup (4), Turkey Sausage Patty & Grits (26)	Pork Carnitas (1), Spanish Rice (20), Corn (18) & Roasted Bell Peppers (2) or Chicken Caesar Wrap (36) & Vegetable Soup (10)	Chicken Pot Pie (35) & California Vegetable Blend (4) or Smothered Pork Chop (8) with Mashed Potatoes (22), Broccoli Cuts (4) & Applesauce (14)

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### BREAKFAST

### LUNCH

### DINNER

## WEDNESDAY

Scrambled Eggs  
with Vegetables  
and Cheese (4),  
Hash Brown  
Potatoes (15) &  
Diced Pears (18)

Meatball Marinara  
with Pasta (37), Green  
Beans (6) & Mixed  
Green Salad (2)  
or  
Turkey Cheeseburger  
(31) with Oven  
Roasted Potato  
Wedges (24)

Beef Stew (11) with  
Mixed Green Salad (2)  
or  
BBQ Chicken Breast  
(1), Macaroni and  
Cheese (15) & Collard  
Greens (11)

## THURSDAY

French Toast (16)  
with SF Syrup (4),  
Bacon, Cheerios (20)  
with Milk (6) &  
Diced Peaches (14)

Citrus Marinated  
Chicken (5), White  
Rice (22) with Gravy  
(4) & Cauliflower (3)  
or  
Fettuccine with  
Tomato Basil Sauce  
(47), Mixed Green  
Salad (2) & Garden  
Vegetable Soup (10)

Lemon Thyme Roast  
Turkey (12) with Gravy  
(4), Dijon Roasted  
Potatoes (21), Green  
Beans (6) & Roll (13)  
or  
Pasta Baked with  
Beef and Tomatoes  
(26) & Mixed Garden  
Salad (2)

## FRIDAY

Cheese Omelet (4)  
with Half English  
Muffin (10), Turkey  
Sausage Patty,  
Diced Pears (18) &  
Skim Milk (6)

BBQ Pulled Pork (2),  
Baked Beans (30) &  
Collard Greens (11)  
or  
Chicken Parmesan  
Fresca (3) with Penne  
Marinara (57) &  
Broccoli Cuts (4)

Beef Pot Roast (2) with  
Gravy (4), Mashed  
Potatoes (22) & Green  
Beans (6)  
or  
Tuscan Herb Pollock  
(3), Barley Rice Pilaf  
(20), California  
Vegetable Blend (4) &  
Wheat Dinner Roll (13)

## SATURDAY

French Toast Slice  
(16) with Hash  
Brown Potatoes  
(15), Bacon,  
Applesauce (15) &  
Milk (6)

Basil Chicken Breast,  
Brown Rice (20) &  
Baby Carrots (9)  
or  
Turkey and Cranberry  
Sandwich (33) & Mixed  
Green Salad (2)

Farmer's Meatloaf (11)  
with Gravy (4), Mashed  
Potatoes (22) and Green  
Beans (6)  
or  
Broccoli Herb Penne Pesto  
(37), Mixed Green Salad (2)  
& Dinner Roll (13)

# ALWAYS AVAILABLE

## BREAKFAST

- Regular or Low-Cholesterol Scrambled Eggs
- Hard Boiled Egg
- Buttermilk Pancakes (33)
- French Toast (16)
- Tofu Scramble (5)
- Turkey Sausage, Pork Sausage or Bacon
- Hash Brown Potatoes (15)
- Blueberry Muffin (18)
- Biscuit (22)
- Bagel-Wheat (60), White (42), Cinnamon (42)
- Hot Cereal- Oatmeal (24), Cream of Wheat (17), Grits (26)
- Cold Cereal - Cheerios (20), Corn Flakes (18), Frosted Flaked (25), Raisin Bran (27), Rice Krispies (23)
- Greek Yogurt - Vanilla (11) or Blueberry (13)
- Regular Yogurt - Vanilla (15) or Strawberry (15)

## ENTREES

- Herb Chicken Breast
- Cheese Quesadilla (36)
- Chop Beef Steak
- Penne & Marinara (57)
- Grilled Cheese Sandwich (28)
- 1/2 Cheese Pizza (32.5)
- 1/2 Pepperoni Pizza (31.5)
- Hummus Wrap (56)
- Tofu Scramble
- Hamburger [Beef, Turkey or Veggie (16)] with choice of Regular Bun (27) or Whole Wheat Bun (26) and Cheddar or Swiss Cheese (1.5)
- Chicken Caesar Salad (8)
- Fresh Fruit Plate - Apples, Grapes, Strawberries & Cantaloupe (44)
- Pita & Vegetables with Hummus (36)
- **Build-Your-Own Sandwich:**
  - Choice of: Whole Wheat Bread (26), White Bread (27), Hamburger Bun (27), Whole Wheat Burger Bun (26), 10" Flour Tortilla (35) or 6" Corn Tortilla (12)
  - Choice of: Turkey Breast, Ham (1), Chicken Salad (3), Egg Salad (3.5), Tuna Salad (6), Herb Chicken Breast, Peanut Butter (5), Diet Grape Jelly (3), Diet Strawberry Jelly (3), Sliced Cheddar, Swiss Cheese (1.5), American Cheese (0.5), Provolone Cheese (0.6)
  - Add On: Leaf Lettuce, Sliced Tomatoes (0.71), Sliced Yellow Onions (2.5)

## SIDES

Green Beans (6)  
Broccoli (4)  
Collard Greens (10.5)  
California Mixed Vegetables (4)  
Mixed Green Salad (2)  
Carrot & Celery Sticks (3)

Brown Rice (20)  
White Rice (22)  
Mashed Potatoes (22)  
Penne Pasta (32)  
Macaroni & Cheese (15)

Baked Lay's (24)  
Regular Lay's (23)  
Wheat Dinner Roll (13)  
White Dinner Roll (13)

Chicken Noodle Soup (10)  
Tomato Basil Soup (10)  
Vegetable Soup (10)  
Beef (3), Chicken (2.3) or Vegetable Broth (2.5)

## DESSERTS

Angel Food Cake (28)  
Peach Cobbler (35)  
Orange Sherbet (26)  
Sugar-free Lemon Fruit Ice (24.5)  
Cookies

- Chocolate Chip (22), Oatmeal Raisin (22)
- Sugar (22) & Vanilla Wafers (18)

Ice Cream

- Vanilla (16), Chocolate (17), Strawberry (16)

Pudding

- Sugar-Free: Chocolate (14) or Vanilla (11)

Gelatin

- Sugar Free: Berry (2) or Citrus (1)

Fresh Fruit

- Apple (18), Banana (22.5), Orange (16), Red Grapes (14), Peach Slices (19), Pear Halves (21)

Speak with the Call Center  
Representative for  
Additional Options

CALL US 843-792-3892