Carbohydrate Controlled
University Hospital East

Breakfast: 7 a.m. – 10 a.m.       Lunch: 11 a.m. – 2 p.m.       Dinner: 4 p.m. – 7:30 p.m.

Monday
Breakfast: French Toast (32g), Hardwood Smoked Bacon (0g), Scrambled Eggs (2g), Light & Fit®
Yogurt (10g), Fresh Banana (30g)
Lunch: Chicken Quesadilla (34g), Spinach Salad with Tomato, Onion and Ranch dressing (4g),
Poblano Black Bean Soup (21g)
Dinner: Penne with Meatballs (50g), California Blend Vegetables (6g), Lemon Cookie (15g)

Tuesday
Breakfast: Scrambled Eggs (2g), Biscuit and Sausage Gravy (34g), Red Grapes and Sliced
Apples (23g)
Lunch: Prime Rib Sandwich (47g), Potato Chips (8g), House Side Salad with Ranch Dressing (5g),
Chicken and Wild Rice Soup (18g)
Dinner: Lemon Rosemary Chicken (1g), Garlic Mashed Potatoes (20g), Seasonal Vegetable (1g),
Peach Pie (41g)

Wednesday
Breakfast: Cheddar Cheese Egg White Omelet (4g), Hardwood Smoked Bacon (0g), Breakfast
Potatoes (15g), Cereal with Milk
Lunch: Pulled Pork Sandwich (40g), Vinegar Slaw (8g), Italian Wedding Soup (15g)
Dinner: Chicken Noodle over Mashed Potato (30g), California Blend Vegetables (6g), Pudding (13g)

Thursday
Breakfast: Hash Brown Casserole (22g), Scrambled Eggs (2g), Turkey Sausage (1g), Tropical
Fruit Cup (28g), Greek Yogurt (20g)
Lunch: Deluxe Cheeseburger (42g), Spring Mix Salad with Balsamic Dressing (2g), Italian
Sausage Soup (15g)
Dinner: Roasted Turkey (0g), Steamed Baby Carrots (11g), Mashed Potatoes (14g), Dinner
Roll (23g), Sherbet (27g)

Friday
Breakfast: Western Omelet (8g), Seasonal Muffin, Red Grapes and Sliced Apples (23g)
Lunch: Fire-Braised Chicken Sandwich with Honey Mustard (59g), Broccoli Cheddar Soup (22g)
Dinner: Meatloaf with Gravy (4g), Macaroni and Cheese (26g), Steamed Broccoli (5g), Ice
Cream (16g)

Saturday
Breakfast: Cheesy Scrambled Eggs (2g), Hardwood Smoked Bacon (0g), Breakfast Potatoes (15g),
Seasonal Muffin (27g), Oatmeal (25g)
Lunch: Chicken Salad (13g), Flatbread (23g), Greek Salad with Italian Dressing (4g), Potato
Shallot Soup (29g)
Dinner: Pulled Pork with BBQ Gravy (13g), Corn Bread (25g), Collard Greens (4g), Sherbet (27g)

Sunday
Breakfast: Scrambled Eggs (2g), Turkey Sausage (1g), Cinnamon Roll (35g), Red Grapes and
Sliced Apples (23g)
Lunch: Buckeye Club (47g), House Side Salad with Ranch Dressing (6g), Tomato Basil Soup (19g)
Dinner: Pot Roast with Beef Gravy (2g), Steamed Baby Carrots (11g), Roasted Redskin Potatoes
(18g), Frozen Custard (32g)