

# 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 ✓Ⓞ, House Side Salad with Ranch Dressing (5g)✓, Chicken and Wild Rice Soup (18g)Ⓞ

**Dinner:** Lemon Rosemary Chicken (1g)Ⓞ, Garlic Mashed Potatoes (20g)✓Ⓞ, Seasonal Vegetable ☹Ⓞ, Peach Pie (41g)✓

### Wednesday

**Breakfast:** Cheddar Cheese Egg White Omelet (4g)✓Ⓞ, Hardwood Smoked Bacon (0g)Ⓞ, Breakfast Potatoes (15g)☹Ⓞ, Mixed Fresh Fruit (18g)☹Ⓞ, 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)✓Ⓞ



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