TREAT YOURSELF TO SOMETHING SATISFYING

DIET INFORMATION

Carbohydrate Controlled Diet

A carbohydrate-controlled diet helps to control your blood sugar levels. Carbohydrate foods include cereals, pastas, breads, milk, fruit, and dessert. If you are monitoring your blood sugar, carbs are listed as indicated below.

(g) Carbohydrate grams | (*) Indicates less than 5 grams

Some menu items may not be available due to your prescribed diet order or allergies.

OR YOU MAY PREFER

If today's entree choices do not appeal to you, you may select an alternative entree from the Or You May Prefer list below:

- **Hamburger** (30g)
- **Cheeseburger** (31g)
- **Malibu Garden Burger** (50g)
- **Grilled Chicken Sandwich** (30g)
- **Grilled Cheese Sandwich** (29g)
- **Chicken Bites** (10g)
- **Chef Salad** (21g)
- **Roast Turkey Sandwich** (25g)
- **Tuna Salad Sandwich** (25g)
- **Chicken Salad Sandwich** (27g)

- **Sandwich Toppings:**

Cheese- American, Cheddar*, Swiss**

Toppings- Lettuce, Tomato*, Onion*, Pickle**

Updated 10/1/2024

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TREAT YOURSELF

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Daily Dining Menu

ORDERING

This menu is designed with fresh ingredients and high-quality food for your prescribed diet.

For your convenience, a Food & Nutrition Services team member will visit you to pre-order your meals for the day.

SOUTHEAST GEORGIA HEALTH SYSTEM

Carbohydrate Controlled Diet

BREAKFAST

Select 1 entree and up to 1 cereal, 2 sides, 1 fruit, 1 yogurt, 1 bread per meal

HOT & COLD CEREALS

- **Old Fashioned Oatmeal** (27g)
- **Cream of Wheat** (27g)
- **Grits** (28g)
- **Cheerios®** (14g)
- **Total® Raisin Bran** (29g)
- **Rice Chex®** (25g)
- **Corn Flakes** (18g)

SIDES

- **Cottage Cheese Cup** (7g)
- **Warm Hard-Cooked Egg***
- **Seasoned Home Fries** (18g)
- **Bacon** *(Pork or Turkey)**
- **Turkey Sausage***
- **Sausage Gravy***

BREAD BASKET

- **Wheat English Muffin** (21g)
- **English Muffin** (21g)
- **White Bread** (13g)
- **Whole Wheat Bread** (13g)
- **Biscuit** (29g)

BEVERAGES

- **Skim Milk** (12g)
- **2% Reduced Fat Milk** (12g)
- **Coffee***
- **Decaf Coffee***
- **Hot Tea***
- **Decaf Hot Tea***
- **Iced Tea***
- **Iced Decaf Tea***
- **Sugar-Free Hot Coco** (11g)

BREAKFAST ENTRÉES

- **Scrambled Eggs***
- **Heart Healthy Scrambled Eggs***
- **Wheat French Toast** (30g)
- **French Toast** (28g)
- **Home-Style Pancakes** (47g)
- **Home-Style Whole Wheat Pancakes** (44g)

FRUIT & YOGURT

- **Fresh Banana** (27g)
- **Fresh Orange** (12g)
- **Fresh Apple** (17g)
- **Sliced Peaches** (11g)
- **Sliced Pears** (12g)
- **Applesauce** (18g)
- **Lite Vanilla Yogurt** (10g)
- **Plain Greek Yogurt** (5g)
- **Vanilla Greek Yogurt** (11g)

CONDIMENTS

- **Margarine***
- **Butter***
- **Assorted Diet Jellies***
- **Light Cream Cheese***
- **Peanut Butter***
- **Non Dairy Creamer***
- **Lemon Juice***
- **Splenda® Sucralose***
- **Salt***
- **Pepper***
- **Herb Seasoning***
- **Ketchup***
- **Diet Pancake Syrup***

LUNCH

Select 1 Entree below from the 2 entree choices for today

MONDAY

Pepper Steak (15g)
Stir-fried beef strips sautéed with green pepper, onion and mushrooms in teriyaki

Grilled Chicken Sandwich (30g)
Grilled marinated chicken breast on a whole wheat roll

TUESDAY

Honey BBQ Turkey (5g)
Oven-roasted turkey breast with mesquite seasoning & glazed with honey

Shrimp & Grits (19g)
Traditional Grits topped with shrimp seasoned with bacon, spices, & hot souce

WEDNESDAY

Rotisserie Chicken*
Grilled boneless chicken breast and thigh seasoned with rotisserie herb blend

Crumb Coated Catfish (12g)
Mild catfish filet baked with breadcrumbs and lemon pepper seasoning

THURSDAY

Chicken Teriyaki Stir Fry (17g)
Stir-fried chicken, vegetables, gingerroot and garlic glazed with teriyaki sauce

BBQ Pork Sandwich (45g)
Tender shredded pork in a smoky chipolte BBQ sauce on potato roll

FRIDAY

Macaroni Cheese (45g)
Elbow macaroni baked in a creamy Asiago and Cheddar sauce

Chicken & Dumplings (36g)
Chicken thigh & vegetables simmered in a savory sauce topped with a biscuit

SATURDAY

Roast Turkey w/ Gravy (11g)
Roasted turkey breast, served sliced with poultry gravy

Hamburger (30g)
All beef burger on a whole wheat roll

SUNDAY

Beef Stroganoff (7g)
Tender beef cubes, mushrooms and onion in a savory sour cream sauce

Crunchy Baked Tilapia (12g)
Crispy oven-baked panko-coated tilapia

DINNER

Select 1 Entree below from the 2 entree choices for today

MONDAY

Chicken Tomato Alfredo (38g)
Grilled Chicken, tomatoes, penne pasta & light Alfredo sauce baked w/ mozzarella

Herb Pork Chop*
Center cut pork loin chop seasoned

TUESDAY

Meatloaf w/ Gravy (13g)
Hearty beef & turkey meatloaf sliced topped with brown gravy

Herb Lemon Cod*
Tender, moist cod fish served w/ a creamy lemon dill sauce

WEDNESDAY

Meat Lasagna (24g)
Layers of pasta, seasoned ground beef, ricotta filling & spaghetti sauce

Cranberry Pork Loin (8g)
Oven-roasted pork loin glazed w/ a spiced cranberry-orange sauce

THURSDAY

Roast Turkey w/ Gravy (11g)
Roasted turkey breast, served sliced w/ poultry gravy

Pork Salisbury Steak (12g)
Baked ground pork patty seasoned w/ onion, mustard & thyme served w/ gravy

FRIDAY

Chicken Parmesan (17g)
Golden brown panko-coated chicken breast topped w/ sauce & mozzarella

Teriyaki Pork Stir Fry (17g)
Stir-fried pork, cabbage, carrot, celery, onion, red pepper tossed in teriyaki sauce

SATURDAY

Rigatoni with Meatballs (41g)
Rigatoni pasta & hearty meatballs served w/ marinara sauce & fresh basil

Grilled Chicken Sandwich (30g)
Grilled marinated chicken breast on a whole wheat roll

SUNDAY

Apple BBQ Chicken (12g)
Grilled chicken breast glazed w/ a smoky chipotle apple barbecue sauce

Malibu Garden Burger (50g)
Seasoned vegan Gardenburger on a whole wheat roll

LUNCH & DINNER

SIDES

Select up to 3 sides per meal.

- **Mashed Potatoes** (22g)
- **Rice** *(Brown or White)* (22-26g)
- **Buttered Egg Noodles** (18g)
- **Daily Vegetable** (3-22g)
- **Chicken Noodle Soup** (12g)
- **Tomato Basil Soup** (14g)
- **Tossed Salad***

BREAD

Select up to 1 bread per meal.

- **Honey Wheat Roll** (20g)
- **Dinner Roll** (17g)
- **Corn Muffin** (26g)

FRUITS

Select up to 1 fruit per meal.

- **Sliced Peaches** (11g)
- **Sliced Pears** (10g)
- **Fresh Banana** (27g)
- **Fresh Apple** (17g)
- **Fresh Orange** (14g)
- **Applesauce** (18g)

SWEETS

Select up to 1 sweet per meal.

- **Diet Gelatin***
- **Fruit Ice** (19g)
- **Diet Pudding** (12g)
- **Ice Cream** (17g)
- **Pound Cake** (15g)
- **Choc Chip Cookie** (33g)
- **Sugar Cookie** (17g)
- **Vanilla Wafers** (13g)

BEVERAGES

- **Skim Milk** (12g)
- **2% Milk** (12g)
- **Coffee***
- **Decaf Coffee***
- **Hot Tea***
- **Decaf Hot Tea***
- **Sugar-Free Hot Coco** (11g)
- **Iced Tea***
- **Iced Decaf Tea***
- **Bottled Water***

CONDIMENTS

- **Salt***
- **Black Pepper***
- **Salt-Free Seasoning***
- **Parmesan Cheese***
- **Ketchup***
- **Lite Mayonnaise***
- **Mustard***
- **Barbecue Sauce***
- **Tartar Sauce***
- **Butter***
- **Margarine***
- **Dressing** *(Ranch or Italian)**
- **Non-Dairy Creamer***
- **Lemon Juice***
- **Splenda® Sucralose***
- **Saltines***