Samaritan
Community-owned since 1947

For Patients With Diabetes

Consistent Carbohydrate Diet (CCD)

A carbohydrate choice is a serving of food that = 15 grams of carbohydrate. Our menu includes carbohydrate choices located in parenthesis to help you manage your blood sugars. Each CCD meal plan also includes a snack of 1-2 carbohydrate choices.

1,200 - 1,500 calories range = 3 carbohydrate choices per meal
1,500 - 1,800 calories range = 4 carbohydrate choices per meal
1,800 - 2,100 calories range = 4.5 carbohydrate choices per meal
2,100 - 2,400 calories range = 5 carbohydrate choices per meal

ROOM SERVICE MENU

Medications must be timed with food intake to be most effective. For this reason, it is important that you notify nursing staff after ordering each meal.



Clear Liquid

Chicken Broth ♥
Vegetable Broth ♥
Beef Broth ♥
Apple Juice (1) ♥
Cranberry Juice (1) ♥
Cran/Grape Juice (1) ♥
Gelatin: *Strawberry or Lime* (1) ♥
Popsicle (1) ♥
All Coffees, Teas, and Iced Teas

Full Liquid

Includes all Clear Liquid items and choice of beverage.

Cream of Wheat (1) ♥
Cream of Rice (1) ♥
Tomato Soup (1.5) ♥
Cream of Chicken Soup (0.5)
Greek Vanilla Yogurt (1) ♥
Ice Cream: *Chocolate or Vanilla (1)*
Sherbet (2) ♥
Gelatin with Whipped Topping (1) ♥
Pudding: *Chocolate (1) or Vanilla (1)* ♥
Hot Chocolate (1.5)
Yami Raspberry Yogurt (1) ♥ *(lactose free)*

Outpatient Medical Nutrition Therapy (MNT) is available upon provider referral. For further nutritional education, please contact a Registered Dietitian Nutritionist at EXT 5310.

DIAL 1010

To place your order, simply dial extension 1010 located on your room phone any time between 7AM and 7PM. Your meal will be delivered within 45 minutes of placing an order.

Special Diet Considerations

Your provider may have placed you on a special diet which may limit your choices on this menu. A Samaritan professional will be able to assist you in making the appropriate choices according to your provider's orders. If you have nutrition concerns and wish to speak with one of our Registered Dietitians, please call EXT. 1115.

To assist you in meeting your nutrition goals we have placed a ♥ alongside certain menu items to denote a Heart Healthy choice, appropriate for most low-sodium, low-fat, cardiac, and consistent carbohydrate diet orders, in appropriate portions.

Breakfast

Sweets
Two Buttermilk Pancakes (2.5)
French Toast (1.5) ♥
Waffle (1)

On the Side
2 Bacon Strips
1 Sausage Patty
2 Turkey Sausage Links ♥

Classics
One Egg: *Any Style*
Two Egg Whites: *Scrambled* ♥
Biscuits & Gravy (2)
Breakfast Burrito: *Egg, Potato, Cheese, Sausage or Bacon (3)*
Breakfast Sandwich
Omelet Bar (2): *Ask a Samaritan professional for a made-to-order omelet.*

Cereals ♥
Cream of Wheat (1)
Cheerios (1)
Rice Krispies (1.5)
Raisin Bran (2)
Oatmeal (1)
Granola (3)

Extras
Toasted Breads:
English Muffin (2)
Sour Dough (1)
White or Whole Wheat (1)
Bagel (1)
Tortilla (2)
Seasonal Fruit Cup (1) ♥
Banana (2) ♥
Applesauce (1) ♥
Prunes (1.5) ♥
Yami Raspberry Yogurt (1) ♥ *(lactose free)*
Yoplait Light Yogurt (1): *Strawberry, Peach, Vanilla, Blueberry* ♥
Yoplait Yogurt (2): *Strawberry, Peach* ♥
Greek Yogurt (1): *Vanilla, Peach, Mango, Plain* ♥
Blueberry Muffin (2) (*whole grain*) ♥

Beverages

Milks: *Low-Fat (1)* ♥, *Chocolate (2), Whole (1)*
Milk Alternatives: *Vanilla Soy (1), Chocolate Soy (1.5), Vanilla Almond (1), Chocolate Almond (1)* ♥
Apple Juice (1) ♥
Orange Juice (1) ♥
Prune Juice (1.5) ♥
Cranberry Juice (1) ♥
Cran/Grape Juice (1) ♥
Coffee: *1 cup or 2 cup pitcher*
Decaf Coffee ♥
Hot Tea
Decaf Hot Tea ♥
Herbal Tea ♥
Iced Tea
Decaf Iced Tea ♥
Hot Chocolate (1.5)
No-Sugar-Added Hot Chocolate (0.5) ♥
Coke
Diet Coke
Coke Zero
Sprite
Ginger Ale
Sprite Zero
Root Beer
Diet Root Beer

Entrées

Hot Entrées
Roasted Chicken or Salmon ♥ *Plain, Garden Herb, Marmalade, (1) Honey Dijon, Tuscan (pesto, tomato and parmesan)*
Beef Pot Roast ♥
Meatloaf (0.5) ♥
Roasted Turkey Breast ♥
Grilled Cod ♥

Pasta
Mac & Cheese (6)
Penne Pasta (4)
Choose Sauce: *Alfredo (2), Meat Sauce, Marinara* ♥, *Pesto* ♥

Sides
Pasta (1) ♥
Mac & Cheese (3)
Mashed Potatoes (1) ♥
Roasted Potatoes (1) ♥
Gravy ♥
Garden Salad ♥
Carrot Sticks (0.5) ♥
Green Beans ♥
Sweet Corn (1) ♥
Cottage Cheese ♥
French Fries (1.5)
Biscuits (2)
Country Pepper Gravy

Sandwiches

Deli Favorites
Egg Salad (2)
Tuna Salad (2)
Turkey (2) ♥
Ham (2)
Creamy PB & Jelly (3.5-4)
Roast Beef

Bread choices:
White • Whole Wheat • Tortilla • GF Bread • GF Bagel • Sour Dough

Grilled
Hamburger (2)
Cheeseburger (2)
Veggie Burger (4) ♥
Grilled Cheese (2)
Grilled Ham & Cheese (2)
Chicken Tenders (0.5)
Meatloaf (3)
Quesadilla (3.5-4): *Chicken or Cheese*
Personal Pizza (4)
Hot Open-Face Sandwich (1): *Turkey or Roast Beef*

Soups & Salads

Cottage Cheese & Fresh Fruit Plate (2) ♥
Chef Salad (0.5) ♥
Crispy Chicken Salad (2)
Taco Salad: *Beef (3), Chicken (4), Fiesta (3)*
Chicken Noodle Soup (1)
Tomato Soup (1)
Cream of Chicken Soup (1)
Vegetable Beef Soup (1)

Salad Dressings: *Ranch, Oil & Vinegar, Honey Dijon, Blue Cheese, Thousand Island, Raspberry Vinaigrette, Italian* ♥

Meals made fresh to order!



Desserts

Fresh Fruit Cup (1) ♥
Chocolate Chip Cookie (1.5)
Jell-O: *Sugar-free or regular (1)* ♥
Triple Chocolate Chip Brownie (1.5)
GF Brownie
Vanilla Pudding (1.5) ♥
Ice Cream: *Vanilla, Chocolate, or light (1)*
Sherbet (2) ♥
GF Chocolate Cake

See reverse side for liquid diet options and information for patients with diabetes.

Ask about our gluten free options!