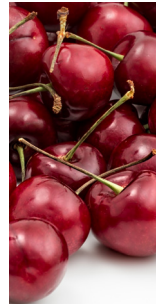


# INPATIENT MENU

## Carbohydrate & Fibre Counts



# PRHC

Peterborough Regional  
Health Centre

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## NUTRITION SERVICES

Our menu accommodates a wide variety of diets to provide adequate therapeutic nutrition. If you have special dietary needs, food allergies or intolerances, please inform your nurse as soon as possible.

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An approved substitution will be supplied for inpatients to accommodate allergies, intolerances or patient tastes. Multiple meal substitutions are not always available.

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The gram weight of the food represents the actual portion as served by Nutrition Services  
**NUTRIENT VALUES ARE SUBJECT TO CHANGE**

CARBOHYDRATE & FIBRE COUNTS  
**ACCOMPANIMENTS**

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
applesauce packet	19	3.2	0.2
creamer	15	0.6	0
hummus	34	5.7	1.1
jam strawberry	10	8	0
jam strawberry diet	12	1	0
jelly grape	10	8	0
jelly grape diet	12	1.2	0
ketchup packet	9	1.6	0
margarine cup	7	0	0
mayonaise portion	15	1.3	0
milkette	9	0.4	0
mustard	6	0.3	0.2
pickle bread and butter	33	6.9	0.3
salad dressing Italian	15	1	0
salad dressing poppyseed	26	7.4	0.2
salad dressing ranch	18	1.2	0
sugar	4	3.5	0
sauce plum	11	4.7	0
sauce cranberry	14	5.4	0.1
sauce tartar	18	0.6	0
sugar brown	4	3.4	0
sweetener	1	0.8	0
syrup	25	15.4	0
syrup diet	16	2	0
vinegar	9	0.4	0

CARBOHYDRATE & FIBRE COUNTS  
**BEVERAGES**

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
juice apple	119	13.5	0.2
juice cranberry	122	16.5	0
juice grape	122	18	0.2
juice orange	124	13.7	0.5
juice prune	128	22.3	1.3
lactaid	200	10.8	0
milk 1%	122	6.1	0
milk 1%	237	11.8	0
milk whole	125	6	0
soy milk	200	7	1

## CARBOHYDRATE & FIBRE COUNTS BREAKFAST BREADS

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
bread rye	38	14.7	1.1
croissant	35	17	1
danish cinnamon	45	21	1
french toast	73	32	1
hash brown	42	9.2	1.1
muffin apple wrapped	50	23	1
muffin bran raisin wrapped	50	21	4
muffin carrot wrapped	50	23	1
muffin chocolate chip gluten free	62	31	2
muffin chocolate gluten free	62	33	1
muffin english white	57	26.3	2.6
muffin quinoa spice gluten free	60	30	2
muffin lemon blueberry gluten free	62	31	1
pancakes	71	28	1
scone banana gluten free	73	13.3	1.4
scone blueberry gluten free	61	9.8	1.3
tea biscuit	35	17	1
tea biscuit gluten free	51	8.8	1.1
toast white	32	17	0.6
toast whole wheat	32	15.5	1.5
waffle Belgian	68	27	1

## CARBOHYDRATE & FIBRE COUNTS CEREAL

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
cereal All Bran sticks	30	22.4	9
cereal baby rice	5	4.4	0.2
cereal bran flakes	29	17.8	3.4
cereal brown rice krispies gluten free	31	26.1	1
cereal cheerios	17	12.5	1.9
cereal cream of wheat	135	14.2	0.7
cereal chex gluten free	28	23.9	0.6
cereal rice krispies	20	17.2	0.5
cereal shreddies	33	27.3	3.6
cereal oatmeal	138	7.8	1.1



CARBOHYDRATE & FIBRE COUNTS  
**BREAKFAST ENTRÉES**

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
cheese cheddar	21	0	0
cheese cottage	113	7	0
cheese cream	18	0.7	0
cheese smooth cottage lemon	100	14	0
egg boiled	50	0.9	0
egg boiled pre-portioned	50	0.9	0
egg omelette cheese	99	2	0
egg omelette plain	85	4	0
peanut butter	18	4	1
yogurt activia	100	12	0
yogurt fruit activia	100	12	0
yogurt vanilla Danone Creamy	175	25	0

CARBOHYDRATE & FIBRE COUNTS  
**DESSERTS**

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
applesauce	113	22	1
applesauce blueberry	113	14	1
applesauce diet	113	12	1
applesauce peach	113	14	1
applesauce strawberry	113	14	1
cake sticky toffee	83	37.9	1
cookie chocolate puree	80	22	1
cookie shortbread puree	80	25	2
crisp apple	117	34.2	2.8
crisp blueberry	109	33	3.6
crisp peach	99	32.5	2.7
cookie apple turnover	25	17	1
cookie Dad's oatmeal	37	25.4	1
cookie oatmeal raisin	38	23	1
cookie shortbread	42	14	0
cookie strawberry turnover	25	17	1
cookie sugar	33	22.2	0.4
cookies arrowroots	12	10	0.1
cookies digestive	22	15	0
custard	113	19	0
custard pumpkin	95	35.4	1.7
fruit canned mandarin oranges	113	12	0
fruit canned peaches diced	113	13	0.1
fruit canned pears diced	113	13	0
fruit canned pineapple tidbits	107	16.8	1

## CARBOHYDRATE & FIBRE COUNTS DESSERTS: CONTINUED

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
fresh fruit apple	57	7.9	1.1
fresh fruit banana	118	27	2
fresh fruit blueberries	62	7.6	2
fresh fruit cantaloupe	121	9.9	0.8
fresh fruit clementine	94	11.4	1.6
fresh fruit grapes	57	9.7	0.5
fresh fruit orange sections	110	12.9	2
fresh fruit peach	79	7.5	1.5
fresh fruit salad	121	16.1	1
fresh fruit watermelon	76	5.7	0.3
fruit puree banana	100	15	2
fruit puree pear	100	18	3
fruit salad cup	113	13	1
ice cream vanilla	115	14	0
jello berry	99	25.8	0
jello orange	99	25.8	0
mousse diet raspberry	47	5.7	0
mousse tangerine diet	68	8.1	0
pudding butterscotch	99	22	1
pudding butterscotch diet	141	7.2	0
pudding chocolate	99	23	1
pudding chocolate diet	90	10.4	2.4
pudding lemon	107	32.9	0
pudding rice	113	21	0
pudding rice diet	113	14	2
pudding vanilla	99	23	0

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
pudding vanilla diet	90	10.1	2.4
tart blueberry	98	30.4	1.1
tart butter	60	32	0.5
tart pumpkin	57	24.7	1
yogurt peach sundae cup	115	15	0

## CARBOHYDRATE & FIBRE COUNTS ENTRÉES

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
beef pot pie	125	32	3
beef stew	192	10.6	1.9
beef strips	91	2.6	0
chicken breast BBQ	120	14.0+	0
chicken breast honey garlic	102	18.8	0
chicken breast plain	73	0.7	0
chicken pasta primavera	164	15.8	1.3
chicken souvlaki	76	2.7	0.2
chicken stew	147	8.3	1.3
chicken nuggets	90	18	0
egg omelette western	97	4	0
Halal Beef Stew Spicy entrée	280	30.7	6.7
lasagna	167	25	1.7
macaroni and beef casserole	250	25	2.5

CARBOHYDRATE & FIBRE COUNTS  
**ENTRÉES: CONTINUED**

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
macaroni and cheese	165	26.8	2.5
meatballs honey garlic	115	22.7	0
meatballs in gravy	137	8.1	0
meatloaf	91	8	6
pizza cheese	113	39	1.5
pork roast slice	60	0.8	0.8
quiche lorraine	131	24.2	2
shepherds pie	167	21.7	2.2
turkey roast slice	60	0.5	0.8
vegetarian chana masala entrée	350	62	11
vegetarian chili entrée	350	49.1	6
vegetarian chili	302	29.3	6.7
vegetarian dhal entrée	335	43	10
vegetarian falafel	76	22.7	4
vegetarian pasta primavera	420	51	8
vegetarian shepard's pie	305	26.5	6.3
vegetarian stew entrée	415	48	10

CARBOHYDRATE & FIBRE COUNTS  
**ENTRÉES: SANDWICHES**

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
cheese grilled	105	30	3.6
chicken salad 1/2 on rye	75	17.3	1.1
chicken breast Halal on white bread	154	34	1.3
chicken breast on gluten free bread	129	14.9	1.8
sandwich chicken on rye	151	34.6	2.2
chicken salad on gluten free bread	140	35	3.6
chicken salad on white bread	140	39.3	1.3
chicken salad wrap	160	37	1.4
chicken salad on whole wheat bread	140	36.3	3
egg on brioche bun	141	41.9	2
salad egg	71	2.9	0
egg salad on gluten free bread	135	32.6	3.6
egg salad 1/2 on rye	73	16.1	1.1
egg salad on multi-grain bun	92	13.9	1
egg salad on white bread	135	36.9	1.3
egg salad on whole wheat	135	33.9	3
grilled vegetable wrap	170	40.1	3
ham on white bread	123	35.8	1.3
ham on whole wheat with lettuce	123	32.8	3
ham with lettuce on gluten free bread	91	16.7	1.8
roast beef with lettuce on whole wheat	121	31	3
roast beef with lettuce on gluten free bread	121	29.8	3.6

**CARBOHYDRATE & FIBRE COUNTS**  
**ENTRÉES: SANDWICHES**  
**CONTINUED**

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
roast beef on white bread	121	34	1.3
turkey and lettuce on gluten free bread	124	30.3	4.4
turkey on multigrain bun	81	11.5	1.8
turkey on white	124	34.5	2.1
turkey with lettuce on whole wheat	124	31.5	3.8

**CARBOHYDRATE & FIBRE COUNTS**  
**OTHER: SAUCE & GRAVY**

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
gravy beef	33	1.9	0
gravy pork	33	2	0
gravy turkey	34	2	0
sauce BBQ	30	14	0
sauce honey garlic	29	18.1	0
sauce sweet and sour	35	20.8	0

**CARBOHYDRATE & FIBRE COUNTS**  
**SIDE DISHES: BREADS**

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
brioche bun	70	39	2
brioche dinner roll	25	15	0.6
multigrain bun	21	11	1
white	32	17	0.6
whole wheat	32	15.5	1.5

**CARBOHYDRATE & FIBRE COUNTS**  
**SIDE DISHES: SALADS**

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
carrot sticks	40	3.8	1
beet	126	21.4	1.3
black bean and corn	65	10.8	2.5
coleslaw	71	12.5	1.1
greek	87	3.6	0.9
macaroni	76	19.7	0.8
potato	76	14.4	1.5
spinach	62	7.7	0.9
toss	62	3.4	1
tri-colour chickpea	63	11.3	1.9
vegetable bowl	60	2.7	0.7



**CARBOHYDRATE & FIBRE COUNTS**  
**SIDE DISHES: STARCH**

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
dressing turkey	50	15.5	1
potato boiled	81	11.8	1.1
potato boiled herbed	81	11.8	1.1
potato mashed	142	24	3.4
potato mashed low sodium	123	18.1	1.6
potato parsley boiled	81	11.9	1.2
potato roasted garlic red skin mashed	133	22.6	2.2
potato roasted red skin halves	105	22	2.1
rice	30	24.3	0.5
rice pilaf	87	18.3	0.9

**CARBOHYDRATE & FIBRE COUNTS**  
**SIDE DISHES: VEGETABLE**

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
beans French green	50	3.9	1.2
beans mixed	57	3.7	1.7
beets	75	7.5	1.5
broccoli	77	4.1	1.8
broccoli and cauliflower mix	77	3.6	1.8
carrot coins yellow and orange	81	6.6	2.2
carrots diced	67	5.2	1.5
corn cream style	135	24.5	1.8
squash	100	14.4	1.5
turnip and carrot mash	87	10.1	1.8
vegetable california blend	95	6.5	2.3
vegetable PEI medley	87	6.8	2.1
vegetables mixed fancy	71	8.9	2.1
vegetables grilled mix	71	3.4	0.8
zucchini	89	2.4	0.9

**CARBOHYDRATE & FIBRE COUNTS**  
**STARTERS: SOUPS**

<b>RECIPE NAME</b>	<b>GRAMS</b>	<b>CARBS (gm)</b>	<b>FIBRE (gm)</b>
broth beef	4	2.6	0.1
broth chicken	4	3	0
chicken noodle	145	8.1	1
cream of carrot	145	11	1.2
cream of chicken	145	7.5	1.2
cream of mushroom	145	8.1	0.6
cream of potato	145	7.5	0.9
cream of tomato	158	12	1.3
cream of tomato individual	171	15.3	1.6
cream of vegetable	145	7.5	1.2
minestrone	157	12.6	1.6
vegetable	145	9.3	1.5
vegetable beef barley	145	8.5	1.2

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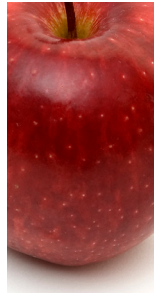
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