

## Cardiac or Consistent Carb

Friday

Choose \_\_\_\_ Carb Servings  
1 Carb Serving =15 gm Carbohydrate

### Breakfast

#### **Chef's Choice**

Cream of Wheat (**1 Carb**)  
Scrambled Eggs  
Breakfast Potatoes (**1 Carb**)  
Turkey Sausage

#### **Ala Carte**

Oatmeal (**1 Carb**)  
Eggs- Scrambled,Hard Boiled  
Turkey Sausage  
Cold Cereals upon request  
Fruit (**1 Carb**)

Sugar-Seasoning-Pepper  
S & L - Seasoning - Pepper

#### **Beverages**

C/Decaf Skim or 1% (**1 Carb**)  
HT/IT OJ or Apple Juice (**1 Carb**)

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### Lunch

#### **Chef's Choice**

Chicken and Dumpling (**2 Carbs**)  
Broccoli  
Mini Blueberry Bundt Cake (**2 Carbs**)

#### **Soup & Salad of the Day**

Tomato Soup (**1 Carb**)  
BBQ Chicken Salad

Sugar-Seasoning-Pepper  
S & L - Seasoning - Pepper

#### **Beverages**

C/Decaf Skim or 1% (**1 Carb**)  
HT/IT Fruit or Pineapple (**1 Carb**)

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### Dinner

#### **Chef's Choice**

Roasted Pork Loin w/ Demi Glaze  
Rice Pilaf (**1 Carb**)  
Zucchini  
Peanut Butter Mousse (**1 Carb**)

#### **Soup & Salad of the Day**

Tomato Soup (**1 Carb**)  
BBQ Chicken Salad

Sugar-Seasoning-Pepper  
S & L - Seasoning - Pepper

#### **Beverages**

C/Decaf Skim or 1% (**1 Carb**)  
HT/IT Grape or Apple (**1 Carb**)

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