

Cardiac or Consistent Carb

Monday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

3 Triangles French Toast (3 Carbs)

Margarine/Syrup

Turkey Sausage

Ala Carte

Oatmeal/Cream of Wheat (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)

NAME: _____ Rm #: _____

Cardiac or Consistent Carb

Monday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Lunch

Chef's Choice

Apricot BBQ Pork Loin (1 Carb)

1/2c. Roasted Red Potatoes (1 Carb)

Broccoli

Cookies & Cream Mousse (1 Carb)

Soup & Sandwich of the Day

Broccoli Cheddar Soup (1 Carb)

Bistro Turkey Sandwich (2 Carbs)

Sugar-Seasoning-Pepper

S & L - Seasoning - Pepper

Beverages

C/Decaf

Skim or 1% (1 Carb)

HT/IT

Fruit or Pineapple (1 Carb)

NAME: _____ Rm #: _____

Cardiac or Consistent Carb

Monday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Dinner

Chef's Choice

Meatloaf

1/2c. Mashed Potatoes (1 Carb)

Green Beans

Mini Carrot Cake (2 Carb)

Soup & Sandwich of the Day

Broccoli Cheddar Soup (1 Carb)

Bistro Turkey Sandwich (2 Carbs)

Sugar-Seasoning-Pepper

S & L - Seasoning - Pepper

Beverages

C/Decaf

Skim or 1% (1 Carb)

HT/IT

Grape or Apple (1 Carb)

NAME: _____ Rm #: _____