

## Cardiac or Consistent Carb

Saturday

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

### Breakfast

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

Canadian Bacon and Egg  
on Brioche Bun **(3 Carbs)**

#### 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)**

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### Lunch

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

Roasted Turkey  
Mashed Potatoes **(1 Carb)**  
Caramelized Carrots **(1 Carb)**  
Rice Krispie Treat **(2 Carbs)**

#### Soup & Sandwich of the Day

Potato Soup **(1 Carb)**  
BBQ Pulled Pork Sandwich **(2 Carbs)**  
Homemade Kettle Chips **(1 Carb)**  
Coleslaw

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**

Chicken Parmesan **(1 Carb)**  
W/ Penne Pasta **(1 Carb)**  
Roasted Vegetables  
Apple Crisp **(2 Carbs)**

#### Soup & Sandwich of the Day

Potato Soup **(1 Carb)**  
BBQ Pulled Pork Sandwich **(2 Carbs)**  
Homemade Kettle Chips **(1 Carb)**  
Coleslaw

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

#### **Beverages**

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

NAME: \_\_\_\_\_ Rm #: \_\_\_\_\_