

## Cardiac or Consistent Carb

Sunday

Choose \_\_\_\_ Carb Servings

1 Carb Serving =15 gm Carbohydrate

### Breakfast

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

Cheese Omelet

Breakfast Potatoes (1 Carb)

#### 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**

Beef Stroganoff (2 Carbs)

Green Beans

Coconut Cream Parfait (1 Carb)

#### Soup & Salad of the Day

Chicken Noodle Soup (1 Carb)

SR Chef Salad (1 Carbs)

Ranch-French-Italian

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**

Oven Fried Chicken

Rice Pilaf (2 Carbs)

Broccoli

Peanut Butter Mousse (1 Carb)

#### Soup & Salad of the Day

Chicken Noodle Soup (1 Carb)

SR Chef Salad (1 Carbs)

Ranch-French-Italian

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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