

## Cardiac or Consistent Carb

Thursday

Choose \_\_\_\_ Carb Servings

1 Carb Serving =15 gm Carbohydrate

### Breakfast

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

Denver Omelet

Turkey Sausage

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**

BBQ Chicken

Mashed Potatoes **(1 Carb)**

Brussel Sprouts **(1 Carb)**

Lemon Cheesecake **(2 Carb)**

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

Chicken Noodle Soup **(1 Carb)**

Fresh Fruit & Cottage Cheese **(2 Carbs)**

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**

Lasagna **(1 Carb)**

French Breadstick **(1 Carb)**

Petite Salad

Chocolate Brownie Strawberry

Trifle **(1 Carb)**

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

Chicken Noodle Soup **(1 Carb)**

Fresh Fruit & Cottage Cheese **(2 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)**

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