

Regular or Consistent Carb

Tuesday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Scrambled Egg &
Potato Vegetable Skillet (1 Carb)
Blueberry Muffin (2 Carb)

Ala Carte

Oatmeal/Cream of Wheat (1 Carb)
Eggs- Scrambled,Hard Boiled
Bacon/Sausage
Cold Cereals upon request
Fruit (1 Carb)

Sugar-Salt-Pepper
S & L - Salt* - Pepper

Beverages

C/Decaf 2% or 1% (1 Carb)
HT/IT OJ or Apple Juice (1 Carb)

NAME: _____ Rm #: _____

Regular or Consistent Carb

Tuesday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Lunch

Chef's Choice

2/3c. Spaghetti (2 Carbs)
Petite Garden Salad
French Breadstick (1 Carb)
Banana Pudding Parfait (2 Carb)

Soup & Salad of the Day

Potato Soup (1 Carb)
Trio Plate

Ranch-French Italian
Sugar-Salt-Pepper
S & L - Salt* - Pepper

Beverages

C/Decaf 2% or 1% (1 Carb)
HT/IT Fruit or Pineapple (1 Carb)

NAME: _____ Rm #: _____

Regular or Consistent Carb

Tuesday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Dinner

Chef's Choice

Salisbury Steak
Au Gratin Potatoes (1 Carb)
Yellow Squash & Red Onions
Pineapple Upside Down Cake (2 Carbs)

Soup & Salad of the Day

Potato Soup (1 Carb)
Trio Plate

Sugar-Salt-Pepper
S & L - Salt* - Pepper

Beverages

C/Decaf 2% or 1% (1 Carb)
HT/IT Grape or Apple (1 Carb)

NAME: _____ Rm #: _____