

GI Soft 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

Scrambled Eggs

Ala Carte

Oatmeal/Cream of Wheat (1 Carb)

Eggs- Scrambled,Hard Boiled

Cold Cereals upon request

Sugar-Salt
S & L - Salt

Beverages

C/Decaf 2% or 1% (1 Carb)

HT/IT OJ or Apple Juice (1 Carb)

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Lunch

Chef's Choice

Apricot BBQ Pork Loin (1 Carb)

1/4 c. Roasted Red Potatoes (1 Carb)

Peas (1 Carb)

Cookies & Cream Mousse (1 Carb)

Soup & Sandwich of the Day

Chicken Noodle Soup (1 Carb)

Tuna Salad

Sandwich (2 Carbs)

Sugar-Salt
S & L - Salt

Beverages

C/Decaf 2% or 1% (1 Carb)

HT/IT Fruit or Pineapple (1 Carb)

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Dinner

Chef's Choice

Meatloaf

Mashed Potatoes (1 Carb)

Green Beans

Mini Carrot Cake (2 Carbs)

Soup & Sandwich of the Day

Chicken Noodle Soup (1 Carb)

Bistro Turkey Sandwich (2 Carbs)

Sugar-Salt
S & L - Salt

Beverages

C/Decaf 2% or 1% (1 Carb)

HT/IT Grape or Apple (1 Carb)

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