

## GI Soft 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

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**

Beef Stroganoff (2Carbs)

Green Beans

Coconut Cream Parfait (2 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**

Oven Fried Chicken

Rice Pilaf (2 Carbs)

Carmalized Carrots (1 Carb)

Peaches (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 Grape or Apple (1 Carb)

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