

GI Soft or Consistent Carb

Thursday

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)

NAME: _____ Rm #: _____

GI Soft or Consistent Carb

Thursday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Lunch

Chef's Choice

Herb Chicken Breast

Mashed Potatoes (1 Carb)

Caramelized Carrots (1 Carb)

Lemon Cheesecake (2 Carb)

Soup & Salad of the Day

Chicken Noodle Soup (1 Carb)

Cottage Cheese W/ Peaches
& Pears (2 Carbs)

Sugar-Salt
S & L - Salt

Beverages

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

HT/IT Fruit or Pineapple (1 Carb)

NAME: _____ Rm #: _____

GI Soft or Consistent Carb

Thursday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Dinner

Chef's Choice

Lasagna (1 Carb)

Green Beans

French Breadstick (1 Carb)

Brownie w/Powdered Sugar (1 Carb)

Soup & Salad of the Day

Chicken Noodle Soup (1 Carb)

Cottage Cheese W/ Peaches
& Pears (2 Carbs)

Sugar-Salt
S & L - Salt

Beverages

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

HT/IT Grape or Apple (1 Carb)

NAME: _____ Rm #: _____