

Gluten or Consistent Carb

Friday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice
Scrambled Eggs
Breakfast Potatoes (**1 Carb**)
Bacon

Ala Carte

Grits (**1 Carb**)
Eggs- Scrambled,Hard Boiled
Bacon/Sausage
Cheerios
Fruit (**1 Carb**)
Yogurt

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

Beverages

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

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Lunch

Chef's Choice
Baked Chicken
Mashed Potatoes (**1 Carb**)
Broccoli
Italian Ice

Soup & Salad of the Day

GF Tomato Soup (**1 Carb**)
Grilled Chicken Salad (**1 Carbs**)
w/ Cowboy Caviar
Italian- Honey Mustard- Blue Cheese

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

Beverages

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

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Dinner

Chef's Choice
Roasted Pork Loin W/ Demi Glaze
Rice Pilaf (**1 Carb**)
Zucchini
CP Peanut Butter Mousse (**1 Carb**)

Soup & Salad of the Day

GF Tomato Soup (**1 Carb**)
BBQ Chicken Salad (**1 Carbs**)
w/ Cowboy Caviar
Italian-Honey Mustard-Blue Cheese

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

Beverages

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

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