

Gluten or Consistent Carb

Monday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Cheesy Grits

GF Toast (1 Carb)

Turkey Sausage

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

Pork Loin (1 Carb)

1/2c.Roasted Red Potatoes (1 Carb)

Broccoli

Pudding (1 Carb)

Soup & Sandwich of the Day

1c. Gluten Free Soup (1 Carb)

Bistro Turkey on GF Bread (2 Carbs)

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

Hamburger Patty with Beef Gravy

1/2c. Mashed Potatoes (1 Carb)

1/2c. Green Beans

Pears (2 Carbs)

Soup & Sandwich of the Day

1c. Gluten Free Soup (1 Carb)

Bistro Turkey on GF Bread (2 Carbs)

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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