

## Gluten or Consistent Carb

Saturday

Choose \_\_\_\_ Carb Servings

1 Carb Serving =15 gm Carbohydrate

### Breakfast

#### **Chef's Choice**

Canadian Bacon, Egg and Cheese  
On GF Bread (3 Carbs)

#### **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**

Roasted Turkey (No Gravy)  
Mashed Potatoes (1 Carb)  
Caramelized Carrots (1 Carb)  
Pudding (1 Carb)

#### **Sandwich of the Day**

Roast Beef on GF Bread (2 Carbs)

Homemade Kettle Chips (1 Carb)

Coleslaw

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**

Grilled Chicken Parmesan (1 Carb)  
W/ GF Penne Pasta (1 Carb)  
Roasted Vegetables  
Applesauce (1 Carb)

#### **Sandwich of the Day**

Roast Beef on GF Bread (2 Carbs)

Homemade Kettle Chips (1 Carb)

Coleslaw

Sugar-Salt-Pepper

S & L - Salt\* - Pepper

#### **Beverages**

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

HT/IT Grape or Apple (1 Carb)

NAME: \_\_\_\_\_ Rm #: \_\_\_\_\_