

Gluten or Consistent Carb

Sunday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice
Cheese Omelet
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
Beef Stroganoff
w/ GF Pasta (2 Carbs)
Green Beans
Coconut Cream Parfait (2 Carbs)

Soup & Salad of the Day

Gluten Free Soup (1 Carb)
Chef Salad (1 Carbs)
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
Grilled Chicken
Rice Pilaf (2 Carbs)
Broccoli
CP Peanut Butter Mousse (1 Carb)

Soup & Salad of the Day

Gluten Free Soup (1 Carb)
Chef Salad (1 Carbs)
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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