

## Gluten or Consistent Carb

Tuesday

Choose \_\_\_\_ Carb Servings

1 Carb Serving =15 gm Carbohydrate

### Breakfast

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

Scrambled Egg &  
Potato Vegetable Skillet (1 Carb)  
Pears

#### **Ala Carte**

Grits (1 Carb)

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

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**

Spaghetti w/ GF Noodles  
Petite Garden Salad  
GF Bread  
Pudding (1 Carb)

#### **Soup & Salad of the Day**

Gluten Free Soup (1 Carb)  
Trio Plate  
Italian- Honey Mustard- Blue Cheese

Ranch-French Italian  
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**

Salisbury Steak W/ Demi Glaze  
Au Gratin Potatoes (1 Carb)  
Yellow Squash & Red Onions  
Pineapple(1 Carb)

#### **Soup & Salad of the Day**

Gluten Free Soup (1 Carb)  
Trio Plate

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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