

Mech Soft or Consistent Carb

Friday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

GRD-CHP-BITE SIZE

Chef's Choice

Cream of Wheat (1 Carb)
Scrambled Eggs
Breakfast Potatoes (1 Carb)

Ala Carte

Oatmeal/Cream of Wheat (1 Carb)
Eggs- Scrambled
Cold Cereals upon request
Canned Fruit (1 Carb)

Sugar-Salt-Pepper
S & L-Salt-Pepper
Nectar-Honey-Pudding

Beverages

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

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Lunch

GRD-CHP-BITE SIZE

Chef's Choice

Creamy Chicken and Vegetables
Over Mashed Potatoes (2 Carbs)
Broccoli
Vanilla Icecream (2 Carbs)

Soup & Sandwich of the Day

Tomato Soup (1 Carb)
Chicken Salad
(On Bread)

Sugar-Salt-Pepper
S & L-Salt-Pepper
Nectar-Honey-Pudding

Beverages

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

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Dinner

GRD-CHP-BITE SIZE

Chef's Choice

Roasted Pork Loin w/ Demi Glaze
Mashed Potatoes (1 Carb)
Zucchini
Peanut Butter Mousse (1 Carb)

Soup & Sandwich of the Day

Tomato Soup (1 Carb)
Chicken Salad
(On Bread)

Sugar-Salt-Pepper
S & L-Salt-Pepper
Nectar-Honey-Pudding

Beverages

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

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