

## Mech Soft or Consistent Carb

Saturday

Choose \_\_\_\_ Carb Servings  
1 Carb Serving =15 gm Carbohydrate

### Breakfast

GRD-CHP-BITE SIZE

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

Oatmeal (1 Carb)  
Scrambled Eggs  
Canadian Bacon

#### Ala Carte

Cream of Wheat (1 Carb)  
Eggs- Scrambled,Hard Boiled  
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**

Roasted Turkey  
Mashed Potatoes (1 Carb)  
Steamed Carrots  
Vanilla Pudding (1 Carb)

#### Soup & Sandwich of the Day

Potato 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**

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

#### Soup & Sandwich of the Day

Potato 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)

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