Mech Soft or Consistent Carb
Sunday

Choose _____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast
GRD-CHP-BITE SIZE

Chef's Choice
Cheese Omelet
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)**

NAME: _____   Rm #: _____

X1020 (Rev.05/24)

Mech Soft or Consistent Carb
Sunday

Choose _____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Lunch
GRD-CHP-BITE SIZE

Chef's Choice
Beef Stroganoff **(2Carbs)**
Green Beans
Coconut Cream Parfait **(2 Carb)**

Soup & Sandwich of the Day
Cream of Chicken
Soup **(1Carb)**
Tuna 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)**

NAME: _____   Rm #: _____

Mech Soft or Consistent Carb
Sunday

Choose _____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Dinner
GRD-CHP-BITE SIZE

Chef's Choice
Oven Fried Chicken w/Gravy
Macaroni and Cheese **(2 Carb)**
Broccoli
Peanut Butter Mousse **(1 Carb)**

Soup & Sandwich of the Day
Cream of Chicken
Soup **(1Carb)**
Tuna 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 #: _____

12/20/2023