

Mech Soft or Consistent Carb

Thursday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

GRD-CHP-BITE SIZE

Chef's Choice

Cheese Omelet
Turkey Sausage
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

BBQ Chicken
Steamed Carrots
Macaroni and Cheese **(1 Carb)**
Lemon Cheesecake **(2 Carb)**

Soup & Salad of the Day

Chicken Noodle Soup **(1 Carb)**
Cottage Cheese w/Peaches
& Pears **(2 Carbs)**

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

Lasagna **(1 Carb)**
Green Beans
Chocolate Brownie Strawberry
Trifle **(1 Carb)**

Soup & Salad of the Day

Chicken Noodle Soup **(1 Carb)**
Cottage Cheese w/Peaches
& Pears **(2 Carbs)**

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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