

Mech Soft or Consistent Carb

Tuesday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

GRD-CHP-BITE SIZE

Chef's Choice
Scrambled Egg &
Breakfast Potatoes (1 Carb)
Diced Pears (1 Carb)

Ala Carte

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

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 #: _____

Mech Soft or Consistent Carb

Tuesday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Lunch

GRD-CHP-BITE SIZE

Chef's Choice
2/3c. Spaghetti (2 Carbs)
Green Beans
Banana Pudding Parfait (1 Carb)

Soup & Salad 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)

NAME: _____ Rm #: _____

Mech Soft or Consistent Carb

Tuesday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Dinner

GRD-CHP-BITE SIZE

Chef's Choice
Salisbury Steak
Au Gratin Potatoes (1 Carb)
Yellow Squash & Red Onions
Applesauce (1 Carb)

Soup & Salad 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 #: _____