

## Regular or Consistent Carb

Friday

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

### Breakfast

**Chef's Choice**  
Biscuit (1.5 Carb)  
Scrambled Eggs  
Breakfast Potatoes ( 1 Carb)  
Bacon

#### Ala Carte

Oatmeal/Cream of Wheat (1 Carb)  
Eggs- Scrambled,Hard Boiled  
Bacon/Sausage  
Cold Cereals upon request  
Fruit (1 Carb)

Sugar-Salt-Pepper  
S & L - Salt\* - Pepper

#### **Beverages**

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

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### Lunch

**Chef's Choice**  
Chicken and Dumpling (2 Carbs)  
Broccoli  
Mini Blueberry Bundt Cake (2 Carbs)

#### Soup & Salad of the Day

Tomato Soup (1 Carb)  
BBQ Chicken Salad (1 Carbs)

Sugar-Salt-Pepper  
S & L - Salt\* - Pepper

#### **Beverages**

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

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### Dinner

**Chef's Choice**  
Roasted Pork Loin W/ Demi Glaze  
Rice Pilaf (1 Carb)  
Zucchini  
Peanut Butter Mousse (1 Carb)

#### Soup & Salad of the Day

Tomato Soup (1 Carb)  
BBQ Chicken Salad (1 Carbs)

Sugar-Salt-Pepper  
S & L - Salt\* - Pepper

#### **Beverages**

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

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