

Regular or Consistent Carb

Monday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

3 Triangles French Toast (3 Carbs)
Margarine/Syrup
Turkey Sausage

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

Apricot BBQ Pork Loin (1 Carb)
1/2c.Roasted Red Potatoes (1 Carb)
Broccoli
Cookies and Cream Mousse (1 Carb)

Soup & Sandwich of the Day

1c. Broccoli Cheddar Soup (1 Carb)
Bistro Turkey Sandwich (2 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

Meatloaf
1/2c. Mashed Potatoes (1 Carb)
1/2c. Green Beans
Mini Carrot Cake (2 Carbs)

Soup & Sandwich of the Day

1c. Broccoli Cheddar Soup (1 Carb)
Bistro Turkey Sandwich (2 Carbs)

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

Beverages

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

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