

Regular or Consistent Carb

Saturday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Canadian Bacon, Egg and Cheese
on Brioche Bun **(3 Carbs)**

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

Roasted Turkey
Mashed Potatoes **(1 Carb)**
Caramelized Carrots **(1 Carb)**
Rice Krispie Treat **(2 Carbs)**

Soup & Sandwich of the Day

Potato Soup **(1 Carb)**
BBQ Pulled Pork Sandwich **(2 Carbs)**
Homemade Kettle Chips **(1 Carb)**
Coleslaw

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

Chicken Parmesan **(1 Carb)**
W/ Penne Pasta **(1 Carb)**
Roasted Vegetables
Apple Crisp **(2 Carb)**

Soup & Sandwich of the Day

Potato Soup **(1 Carb)**
BBQ Pulled Pork Sandwich **(2 Carbs)**
Homemade Kettle Chips **(1 Carb)**
Coleslaw

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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