

## Regular or Consistent Carb

### Sunday

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

### Breakfast

**Chef's Choice**  
Cheese Omelet  
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**  
Beef Stroganoff (2 Carbs)  
Green Beans  
Coconut Cream Parfait (2 Carb)

### Soup & Salad of the Day

Chicken Noodle Soup (1 Carb)  
Chef Salad (1 Carbs)  
Ranch-French-Italian

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**  
Oven Fried Chicken  
Mac & Cheese (2 Carbs)  
Broccoli  
Peanut Butter Mousse (1 Carb)

### Soup & Salad of the Day

Chicken Noodle Soup (1 Carb)  
Chef Salad (1 Carbs)  
Ranch-French-Italian

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

### **Beverages**

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

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