

Renal or Consistent Carb

Saturday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Canadian Bacon and Egg
on Brioche Bun (3 Carb)

Ala Carte

Cream of Wheat (1 Carb)
Eggs- Scrambled,Hard Boiled
Cold Cereals upon request

Sugar-Seasoning-Pepper
S & L-Seasoning-Pepper

Beverages

C/Decaf 4oz- 2% or 1% (1 Carb)
HT/IT Fruit Punch or Apple (1 Carb)

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Lunch

Chef's Choice

Roasted Turkey
1/4c. Mashed Potatoes (1 Carb)
Caramelized Carrots (1 Carb)
Rice Krispie Treat (2 Carbs)

Soup & Sandwich of the Day

SR Chicken Noodle
Soup (1Carb)
Chicken Salad
Sandwich on White (2 Carbs)

Sugar-Seasoning-Pepper
S & L-Seasoning-Pepper

Beverages

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

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Dinner

Chef's Choice

Grilled Chicken
Penne Pasta (1 Carb)
Roasted Vegetables
Applecrisp (2 Carbs)

Soup & Sandwich of the Day

SR Chicken Noodle
Soup (1Carb)
Chicken Salad
Sandwich on White (2 Carbs)

Sugar-Seasoning-Pepper
S & L-Seasoning-Pepper

Beverages

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

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