

Renal or Consistent Carb

Sunday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Cheese Omelet
1/2. Plain Bagel (**2 Carbs**)
Margarine & Jelly

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

Beef Stroganoff (**2 Carbs**)
Green Beans
Coconut Cream Parfait (**2 Carbs**)

Soup & Salad of the Day

SR Chicken Noodle Soup (**1 Carb**)
SR Chef Salad (**1 Carb**)
(No ham,tomato,cheese)
Ranch-French-Italian

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

Oven Fried Chicken
Rice Pilaf (**2 Carbs**)
Broccoli
Sherbet (**2 Carbs**)

Soup & Salad of the Day

SR Chicken Noodle Soup (**1 Carb**)
SR Chef Salad (**1 Carb**)
(No ham,tomato,cheese)
Ranch-French-Italian

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

Beverages

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

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