

Renal or Consistent Carb

Thursday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice
Denver Omelet
Turkey Sausage

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)

NAME: _____ Rm #: _____

X1022 (Rev.05/24)

Renal or Consistent Carb

Thursday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Lunch

Chef's Choice
Herb Chicken
1/3c. Rice (1 Carb)
Brussel Sprouts (1 Carb)
Angel Food Cake (2 Carbs)

Soup & Salad of the Day

SR Chicken Noodle
Soup (1Carb)
Cottage Cheese w/Peaches
& Pears (2 Carbs)

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

Beverages

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

NAME: _____ Rm #: _____

Renal or Consistent Carb

Thursday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Dinner

Chef's Choice
Hamburger on Bun (2 Carbs)
Petite Salad -no tomato
Green Beans
Sherbet (2 Carbs)

Soup & Salad of the Day

SR Chicken Noodle
Soup (1Carb)
Cottage Cheese w/Peaches
& Pears (2 Carbs)
Ranch-French-Italian

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

Beverages

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

NAME: _____ Rm #: _____