

Renal or Consistent Carb

Tuesday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Scrambled Eggs
w/Peppers & Onions
1/2 Plain Bagel (1 Carb)
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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X1022 (Rev.05.24)

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Lunch

Chef's Choice

Turkey w/Gravy
Egg Noodles (1 Carb)
Green Beans
French Breadstick (1 Carb)
Sugar Cookie (1 Carb)

Soup & Salad of the Day

SR Chicken Noodle
Soup (1Carb)
Trio Plate

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

Beverages

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

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Dinner

Chef's Choice

Salisbury Steak
Herb Noodles (1 Carb)
Yellow Squash & Red Onions
Pinnacle Upside Down Cake (2 Carbs)

Soup & Salad of the Day

SR Chicken Noodle
Soup (1Carb)
Trio Plate

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

Beverages

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

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