

Renal or Consistent Carb

Wednesday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Turkey Sausage & Egg
Croissant (2 Carbs)
Peaches (1 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)

NAME: _____ Rm #: _____

X1022 (Rev.05/24)

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Lunch

Chef's Choice

Honey Mustard Chicken
1/4c. Red Skin Mashed Potato(1 Carb)
Green Beans (1 Carb)
Cheesecake Parfait (1 Carb)

Soup & Sandwich of the Day

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

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

Pot Roast
1/3c. White Rice (1 Carb)
Zucchini & Yellow Squash
Mini Strawberry Shortcake (2 Carb)

Soup & Sandwich of the Day

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

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

Beverages

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

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