

Cardiac or Consistent Carb

Sunday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Cheese Omelet
Breakfast Potatoes (1 Carb)

Ala Carte

Oatmeal/Cream of Wheat (1 Carb)
Eggs- Scrambled,Hard Boiled
Turkey Sausage
Cold Cereals upon request
Fruit (1 Carb)

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

Beverages

C/Decaf Skim or 1% (1 Carb)
HT/IT OJ or Apple Juice (1 Carb)

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Lunch

Chef's Choice

Beef Stroganoff (2 Carbs)
Green Beans
Raspberry Mousse (1 Carb)

Soup & Salad of the Day

Chicken Noodle Soup (1 Carb)
SR Chef Salad (1 Carbs)
Ranch-French-Italian

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

Beverages

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

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Dinner

Chef's Choice

Oven Fried Chicken
Rice Pilaf (2 Carbs)
Broccoli
Peanut Butter Mousse (1 Carb)

Soup & Salad of the Day

Chicken Noodle Soup (1 Carb)
SR Chef Salad (1 Carbs)
Ranch-French-Italian

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

Beverages

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

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