

Cardiac or Consistent Carb

Thursday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Denver Omelet

Turkey Sausage

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

BBQ Chicken

Mashed Potatoes (1 Carb)

Brussel Sprouts (1 Carb)

Lemon Cheesecake (2 Carb)

Soup & Salad of the Day

Chicken Noodle Soup (1 Carb)

Fresh Fruit & Cottage Cheese (2 Carbs)

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

Lasagna (1 Carb)

French Breadstick (1 Carb)

Petite Salad

Chocolate Brownie Strawberry

Trifle (1 Carb)

Soup & Salad of the Day

Chicken Noodle Soup (1 Carb)

Fresh Fruit & Cottage Cheese (2 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)

NAME: _____ Rm #: _____