

Cardiac or Consistent Carb

Tuesday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Scrambled Egg &
Potato Vegetable Skillet (1 Carb)
Blueberry Muffin (2 Carbs)

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

2/3c. Spaghetti (2 Carbs)
Petite Garden Salad
French Breadstick (1 Carb)
Banana Pudding Parfait (2 Carb)

Soup & Salad of the Day

Potato Soup (1 Carb)
Trio Plate

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

Chicken Marsala
1/2 c. Red skin Mashed Potatoes (1Carb)
Roasted Vegetables
Pineapple Upside Down Cake (2 Carbs)

Soup & Salad of the Day

Potato Soup (1 Carb)
Trio Plate

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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