

## GI Soft or Consistent Carb

Monday

Choose \_\_\_\_ Carb Servings  
1 Carb Serving =15 gm Carbohydrate

### Breakfast

#### **Chef's Choice**

3 Triangles French Toast (3 Carbs)  
Margarine & Syrup  
Scrambled Eggs

#### **Ala Carte**

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

Sugar-Salt  
S & L - Salt

#### **Beverages**

C/Decaf 2% or 1% (1 Carb)  
HT/IT OJ or Apple Juice (1 Carb)

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### Lunch

#### **Chef's Choice**

Apricot BBQ Pork Loin (1 Carb)  
1/4 c. Roasted Sweet Potato (1 Carb)  
Peas (1 Carb)  
Cookies & Cream Mousse (1 Carb)

#### **Soup & Sandwich of the Day**

Chicken Noodle Soup (1 Carb)  
Tuna Salad  
Sandwich (2 Carbs)

Sugar-Salt  
S & L - Salt

#### **Beverages**

C/Decaf 2% or 1% (1 Carb)  
HT/IT Fruit or Pineapple (1 Carb)

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### Dinner

#### **Chef's Choice**

Meatloaf  
Mashed Potatoes (1 Carb)  
Green Beans  
Mini Carrot Cake (2 Carbs)

#### **Soup & Sandwich of the Day**

Chicken Noodle Soup (1 Carb)  
Bistro Turkey Sandwich (2 Carbs)

Sugar-Salt  
S & L - Salt

#### **Beverages**

C/Decaf 2% or 1% (1 Carb)  
HT/IT Grape or Apple (1 Carb)

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