

GI Soft or Consistent Carb

Tuesday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Scrambled Eggs

Breakfast Potatoes (1 Carb)

Blueberry Muffin (2 Carb)

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)

NAME: _____ Rm #: _____

GI Soft or Consistent Carb

Tuesday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Lunch

Chef's Choice

2/3c. Spaghetti (2 Carbs)

Green Beans

French Breadstick (1 Carb)

Banana Pudding Parfait (2 Carb)

Soup & Salad of the Day

Potato Soup (1 Carb)

Soft Trio Plate

Sugar-Salt
S & L - Salt

Beverages

C/Decaf 2% or 1% (1 Carb)

HT/IT Fruit or Pineapple (1 Carb)

NAME: _____ Rm #: _____

GI Soft or Consistent Carb

Tuesday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Dinner

Chef's Choice

Chicken Marsala

1/2. Red Skin Mahed Potatoes (1 Carb)

Roasted Vegetables (1 Carb)

Pineapple Upside Down Cake (2 Carbs)

Soup & Salad of the Day

Potato Soup (1 Carb)

Soft Trio Plate

Sugar-Salt
S & L - Salt

Beverages

C/Decaf 2% or 1% (1 Carb)

HT/IT Grape or Apple (1 Carb)

NAME: _____ Rm #: _____