

GI Soft or Consistent Carb

Monday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Scrambled Eggs
Biscuit **(2 Carbs)**

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

Braised Beef w/Demi
Mashed Potatoes **(1 Carb)**
Broccoli
Banana Pudding Parfait **(2 Carbs)**

Soup & Sandwich of the Day

Chicken Noodle Soup **(1 Carb)**
Chicken 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

Pork Loin
Mashed Potatoes **(1 Carb)**
Carrots **(1 Carb)**
Banana Pudding Parfait **(2 Carbs)**

Soup & Sandwich of the Day

Chicken Noodle Soup **(1 Carb)**
Chicken Salad
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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