

Gluten or Consistent Carb

Friday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Scrambled Eggs

Breakfast Potatoes (**1 Carb**)

Bacon

Ala Carte

Grits (1 Carb)

Eggs- Scrambled,Hard Boiled

Bacon/Sausage

Cheerios/ Rice Krispies

Fruit (1 Carb)

Yogurt

Sugar-Salt-Pepper

S & L - Salt* - Pepper

Beverages

C/Decaf

2% or 1% (1 Carb)

HT/IT

OJ or Apple Juice (1 Carb)

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Lunch

Chef's Choice

Baked Chicken

Mashed Potatoes (1 Carb)

Broccoli

Italian Ice

Soup & Salad of the Day

GF Tomato Soup (1 Carb)

Grilled Chicken Salad (1 Carbs)

w/ Cowboy Caviar

Italian- Honey Mustard- Blue Cheese

Sugar-Salt-Pepper

S & L - Salt* - Pepper

Beverages

C/Decaf

2% or 1% (1 Carb)

HT/IT

Fruit or Pineapple (1 Carb)

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Dinner

Chef's Choice

Roasted Pork Loin W/ Demi Glaze

Yellow Rice (1 Carb)

Zucchini

CP Peanut Butter Mousse (1 Carb)

Soup & Salad of the Day

GF Tomato Soup (1 Carb)

BBQ Chicken Salad (1 Carbs)

w/ Cowboy Caviar

Italian-Honey Mustard-Blue Cheese

Sugar-Salt-Pepper

S & L - Salt* - Pepper

Beverages

C/Decaf

2% or 1% (1 Carb)

HT/IT

Grape or Apple (1 Carb)

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