

## Gluten or Consistent Carb

Monday

Choose \_\_\_\_ Carb Servings

1 Carb Serving =15 gm Carbohydrate

### Breakfast

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

Cheesy Grits  
GF Toast **(1 Carb)**  
Turkey Sausage

#### **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**

Pork Loin **(1 Carb)**  
1/2c.Roasted Sweet Potatoes **(1 Carb)**  
Broccoli  
Pudding **(1 Carb)**

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

1c. Gluten Free Soup **(1 Carb)**  
Bistro Turkey on GF Bread **(2 Carbs)**

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**

Meatloaf  
1/2c. Mashed Potatoes **(1 Carb)**  
1/2c. Green Beans  
Pears **(2 Carbs)**

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

1c. Gluten Free Soup **(1 Carb)**  
Bistro Turkey on GF Bread **(2 Carbs)**

Sugar-Salt-Pepper  
S & L - Salt\* - Pepper

#### **Beverages**

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

NAME: \_\_\_\_\_ Rm #: \_\_\_\_\_