

Gluten or Consistent Carb

Saturday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Quiche w/Spinach & Parmesan
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

Roasted Turkey (No Gravy)
Mashed Potatoes (1 Carb)
Caramelized Carrots (1 Carb)
Rice Krispie Treat (2 Carbs)

Sandwich of the Day

Roast Beef on GF Bread (2 Carbs)
Homemade Kettle Chips (1 Carb)
Coleslaw

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

Salisbury Steak W/ Demi Glaze
Au Gratin Potatoes (1 Carb)
Yellow Squash & Red Onions
Apples Sauce (2 Carb)

Sandwich of the Day

Roast Beef on GF Bread (2 Carbs)
Homemade Kettle Chips (1 Carb)
Coleslaw

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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