

Gluten or Consistent Carb

Sunday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Cheese Omelet

Breakfast Potatoes (1 Carb)

Bacon

Ala Carte

Grits (1 Carb)

Eggs- Scrambled,Hard Boiled

Bacon/Sausage

Cherrios/ 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

GF Rotini (2 Carbs)

Green Beans

CP Raspberry Mousse (1 Carb)

Soup & Salad of the Day

Gluten Free Soup (1 Carb)

Chef Salad (1 Carbs)

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

Grilled Chicken

Rice Pilaf (2 Carbs)

Broccoli

CP Peanut Butter Mousse (1 Carb)

Soup & Salad of the Day

Gluten Free Soup (1 Carb)

Chef Salad (1 Carbs)

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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