

Gluten or Consistent Carb

Tuesday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Scrambled Egg &
Potato Vegetable Skillet (1 Carb)
Pears

Ala Carte

Grits (1 Carb)

Eggs- Scrambled,Hard Boiled
Bacon/Sausage

Cheerios/ Rice Krispies

Fruit (1 Carb)

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

Spaghetti w/ GF Noodles
Petite Garden Salad
GF Bread
Pudding (1 Carb)

Soup & Salad of the Day

Gluten Free Soup (1 Carb)

Trio Plate

Italian- Honey Mustard- Blue Cheese

Ranch-French Italian

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
Red Skin Potatoes (1 Carb)
Roasted Vegetables
Pineapple

Soup & Salad of the Day

Gluten Free Soup (1 Carb)

Trio Plate

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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