

**Mech Soft or Consistent Carb**

**Saturday**

Choose \_\_\_\_ Carb Servings  
1 Carb Serving =15 gm Carbohydrate

**Breakfast**

GRD-CHP-BITE SIZE

**Chef's Choice**

Quiche w/Spinach & Parmesan  
Oatmeal (1 Carb)

**Ala Carte**

Oatmeal/Cream of Wheat (1 Carb)  
Eggs- Scrambled,Hard Boiled  
Cold Cereals upon request  
Canned Fruit (1 Carb)

Sugar-Salt-Pepper  
S & L-Salt-Pepper  
Nectar-Honey-Pudding

**Beverages**

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

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

**Mech Soft or Consistent Carb**

**Saturday**

Choose \_\_\_\_ Carb Servings  
1 Carb Serving =15 gm Carbohydrate

**Lunch**

GRD-CHP-BITE SIZE

**Chef's Choice**

Roasted Turkey  
Mashed Potatoes (1 Carb)  
Steamed Carrots  
Vanilla Pudding (1 Carb)

**Soup & Sandwich of the Day**

Potato Soup (1 Carb)  
Chicken Salad Sandwich  
on White Bread (2 Carbs)

Sugar-Salt-Pepper  
S & L-Salt-Pepper  
Nectar-Honey-Pudding

**Beverages**

C/Decaf 2% or 1% (1 Carb)  
HT/IT Fruit or Pineapple (1 Carb)

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

**Mech Soft or Consistent Carb**

**Saturday**

Choose \_\_\_\_ Carb Servings  
1 Carb Serving =15 gm Carbohydrate

**Dinner**

GRD-CHP-BITE SIZE

**Chef's Choice**

Salisbury Steak  
Au Gratin Potatoes (1 Carb)  
Yellow Squash w/Red Onions  
Applesauce (1 Carb)

**Soup & Sandwich of the Day**

Potato Soup (1 Carb)  
Chicken Salad Sandwich  
on White Bread (2 Carbs)

Sugar-Salt-Pepper  
S & L-Salt-Pepper  
Nectar-Honey-Pudding

**Beverages**

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

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