

**Mech Soft or Consistent Carb**

**Sunday**

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

**Breakfast**

GRD-CHP-BITE SIZE

**Chef's Choice**  
Cheese Omelet  
Breakfast Potatoes (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)

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**Lunch**

GRD-CHP-BITE SIZE

**Chef's Choice**  
Beef Stroganoff (2Carbs)  
Green Beans  
Raspberry Mousse (1 Carb)

**Soup & Sandwich of the Day**

Cream of Chicken  
Soup (1Carb)  
Tuna Salad  
Sandwich on White (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)

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**Dinner**

GRD-CHP-BITE SIZE

**Chef's Choice**  
Oven Fried Chicken w/Gravy  
Macaroni and Cheese (2 Carb)  
Broccoli  
Peanut Butter Mousse (1 Carb)

**Soup & Sandwich of the Day**

Cream of Chicken  
Soup (1Carb)  
Tuna Salad  
Sandwich on White (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 #: \_\_\_\_\_