

Mech Soft or Consistent Carb

Thursday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

GRD-CHP-BITE SIZE

Chef's Choice

Denver Omelet
Turkey Sausage

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

BBQ Chicken
Steamed Carrots
Macaroni and Cheese (1 Carb)
Lemon Cheesecake (2 Carb)

Soup & Salad of the Day

Chicken Noodle Soup (1 Carb)
Cottage Cheese w/Peaches
& Pears (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

Lasagna (1 Carb)
Green Beans
Chocolate Brownie Strawberry
Trifle (1 Carb)

Soup & Salad of the Day

Chicken Noodle Soup (1 Carb)
Cottage Cheese w/Peaches
& Pears (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)

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