

**Mech Soft or Consistent Carb**

**Wednesday**

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

**Breakfast**

GRD-CHP-BITE SIZE

**Chef's Choice**

2 Pancakes (2 Carbs)  
Margarine & Syrup  
Turkey Sausage  
Peaches (1 Carb)

**Ala Carte**

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

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**

Honey Mustard Chicken Breast  
Tri Color Rotini (1 Carb)  
Steamed Carrots  
Cheesecake Parfait (1 Carb)

**Soup & Sandwich of the Day**

Broccoli Cheddar 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)

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**Dinner**

GRD-CHP-BITE SIZE

**Chef's Choice**

Pot Roast  
Mashed Potatoes (1 Carb)  
Zucchini & Yellow Squash  
Mini Strawberry Shortcake (2 Carbs)

**Soup & Sandwich of the Day**

Broccoli Cheddar 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 #: \_\_\_\_\_