

Regular or Consistent Carb

Friday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Apple Cinnamon Cream of Wheat (1 Carb)

Scrambled Eggs

Breakfast Potatoes (1 Carb)

Bacon

Ala Carte

Oatmeal/Cream of Wheat (1 Carb)

Eggs- Scrambled,Hard Boiled

Bacon/Sausage

Cold Cereals upon request

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

Chicken Pot Pie (2 Carbs)

Broccoli

Mini Blueberry Bundt Cake (2 Carbs)

Soup & Salad of the Day

Tomato Soup (1 Carb)

BBQ Chicken Salad (1 Carbs)

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

Roasted Pork Loin W/ Demi Glaze

Yellow Rice (1 Carb)

Zucchini

Peanut Butter Mousse (1 Carb)

Soup & Salad of the Day

Tomato Soup (1 Carb)

BBQ Chicken Salad (1 Carbs)

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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