

Renal 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

Turkey Sausage

Ala Carte

Oatmeal/Cream of Wheat (1 Carb)

Eggs- Scrambled,Hard Boiled

Cold Cereals upon request

Sugar-Seasoning-Pepper

S & L-Seasoning-Pepper

Beverages

C/Decaf 4oz- 2% or 1% (1 Carb)

HT/IT Fruit Punch or Apple (1 Carb)

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X1022 (Rev. 9/23)

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Lunch

Chef's Choice

Chicken Pot Pie (2 Carbs)

Broccoli

Mini Blueberry Bundt Cake (2 Carbs)

Soup & Sandwich of the Day

SR Chicken Noodle

Soup (1Carb)

Chicken Salad

Sandwich on White (2 Carbs)

Sugar-Seasoning-Pepper

S & L-Seasoning-Pepper

Beverages

C/Decaf

HT/IT Fruit or Pineapple (1 Carb)

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Dinner

Chef's Choice

Roasted Pork Loin w/ Demi Glaze

2/3c. Yellow Rice (2 Carb)

Zucchini

Peaches (1 Carb)

Soup & Sandwich of the Day

SR Chicken Noodle

Soup (1Carb)

Chicken Salad

Sandwich on White (2 Carbs)

Sugar-Seasoning-Pepper

S & L-Seasoning-Pepper

Beverages

C/Decaf

HT/IT Grape or Apple (1 Carb)

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