

## Renal or Consistent Carb

Monday

Choose \_\_\_\_ Carb Servings

1 Carb Serving =15 gm Carbohydrate

### Breakfast

#### **Chef's Choice**

3 Triangles French Toast (3 Carbs)

Margarine & Syrup

#### **Ala Carte**

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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### Lunch

#### **Chef's Choice**

Apricot BBQ Pork Loin (1 Carb)

1/4 c. Roasted Sweet Potatoes (1 Carb)

Broccoli

Pears (1 Carb)

#### **Soup & Sandwich of the Day**

SR Chicken Noodle

Soup (1Carb)

Tuna Salad Sandwich

On White Bread (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**

Meatloaf

1/4c. Mashed Potatoes (1 Carb)

Green Beans

Mini Carrot Cake (2 Carbs)

#### **Soup & Sandwich of the Day**

SR Chicken Noodle

Soup (1Carb)

Tuna Salad Sandwich

On White Bread (2 Carbs)

Sugar-Seasoning-Pepper

S & L-Seasoning-Pepper

#### **Beverages**

C/Decaf

HT/IT Grape or Apple (1 Carb)

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