

Renal or Consistent Carb

Saturday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Quiche w/Spinach & Parmesan
Oatmeal (1 Carb)

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

Roasted Turkey
1/4c. Mashed Potatoes (1 Carb)
Caramelized Carrots (1 Carb)
Rice Krispie Treat (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

Salisbury Steak
Herb Noodles (1 Carb)
Yellow Squash w/Red Onions
Applecrisp (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 Grape or Apple (1 Carb)

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