

Renal or Consistent Carb

Sunday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Cheese Omelet

1/2. Plain Bagel (2 Carbs)

Margarine & Jelly

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

Beef Stroganoff (2 Carbs)

Green Beans

Angel Food Cake (2 Carbs)

Soup & Salad of the Day

SR Chicken Noodle Soup (1 Carb)

SR Chef Salad (1 Carb)

(No ham,tomato,cheese)

Ranch-French-Italian

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

Oven Fried Chicken

Rice Pilaf

Broccoli

Sherbet (2 Carbs)

Soup & Salad of the Day

SR Chicken Noodle Soup (1 Carb)

SR Chef Salad (1 Carb)

(No ham,tomato,cheese)

Ranch-French-Italian

Sugar-Seasoning-Pepper

S & L-Seasoning-Pepper

Beverages

C/Decaf

HT/IT Grape or Apple (1 Carb)

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