

## Renal or Consistent Carb

Thursday

Choose \_\_\_\_ Carb Servings

1 Carb Serving =15 gm Carbohydrate

### Breakfast

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

Denver Omelet  
Turkey Sausage

#### **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)

NAME: \_\_\_\_\_ Rm #: \_\_\_\_\_

X1022 (Rev.9/23)

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### Lunch

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

Herb Chicken  
1/3c. Rice (1 Carb)  
Brussel Sprouts (1 Carb)  
Angel Food Cake (2 Carbs)

#### **Soup & Salad of the Day**

SR Chicken Noodle

Soup (1Carb)

Cottage Cheese w/Peaches  
& Pears (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**

Hamburger on Bun (2 Carbs)  
Petite Salad -no tomato  
Green Beans  
Sherbet (2 Carbs)

#### **Soup & Salad of the Day**

SR Chicken Noodle

Soup (1Carb)

Cottage Cheese w/Peaches  
& Pears (2 Carbs)

Ranch-French-Italian

Sugar-Seasoning-Pepper

S & L-Seasoning-Pepper

#### **Beverages**

C/Decaf

HT/IT Grape or Apple (1 Carb)

NAME: \_\_\_\_\_ Rm #: \_\_\_\_\_