

## Renal or Consistent Carb

Wednesday

Choose \_\_\_\_ Carb Servings

1 Carb Serving =15 gm Carbohydrate

### Breakfast

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

Turkey Sausage & Egg

Croissant **(2 Carbs)**

Peaches **(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)**

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

X1022 (Rev.9/23)

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### Lunch

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

Honey Mustard Chicken

Tri Color Rotini **(1 Carb)**

Caramelized Carrots

Cheesecake Parfait **(1 Carb)**

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

SR Chicken Noodle

Soup **(1Carb)**

Chicken Salad on White

Wrap **(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**

Pot Roast

1/3c. White Rice **(1 Carb)**

Zucchini & Yellow Squash

Mini Strawberry Shortcake **(2 Carb)**

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

SR Chicken Noodle

Soup **(1Carb)**

Chicken Salad on White

Wrap **(2 Carbs)**

Sugar-Seasoning-Pepper

S & L-Seasoning-Pepper

#### **Beverages**

C/Decaf

HT/IT Grape or Apple **(1 Carb)**

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