

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**)

NAME: _____ Rm #: _____

X1022 (Rev. 05/24)

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Lunch

Chef's Choice

Apricot BBQ Pork Loin (**1 Carb**)
1/4 c. Rice (**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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Choose ____ Carb Servings
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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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