

## Regular or Consistent Carb

Thursday

Choose \_\_\_\_ Carb Servings  
1 Carb Serving =15 gm Carbohydrate

### Breakfast

**Chef's Choice**  
Denver Omelet  
Turkey Sausage Patty  
Breakfast Potatoes ( 1 Carb)

### Ala Carte

Oatmeal/Cream of Wheat (1 Carb)  
Eggs- Scrambled,Hard Boiled  
Bacon/Sausage  
Cold Cereals upon request  
Fruit (1 Carb)

Sugar-Salt-Pepper  
S & L - Salt\* - Pepper

### **Beverages**

C/Decaf 2% or 1% (1 Carb)  
HT/IT OJ or Apple Juice (1 Carb)

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

## Regular or Consistent Carb

Thursday

Choose \_\_\_\_ Carb Servings  
1 Carb Serving =15 gm Carbohydrate

### Lunch

**Chef's Choice**  
BBQ Chicken  
Mac & Cheese (1 Carb)  
Brussel Sprouts (1 Carb)  
Lemon Cheesecake (2 Carb)

### Soup & Salad of the Day

Chicken Noodle Soup (1 Carb)  
Fresh Fruit & Cottage Cheese (2 Carbs)

Sugar-Salt-Pepper  
S & L - Salt\* - Pepper

### **Beverages**

C/Decaf 2% or 1% (1 Carb)  
HT/IT Fruit or Pineapple (1 Carb)

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

## Regular or Consistent Carb

Thursday

Choose \_\_\_\_ Carb Servings  
1 Carb Serving =15 gm Carbohydrate

### Dinner

**Chef's Choice**  
Lasagna (1 Carb)  
French Breadstick (1 Carb)  
Petite Salad  
Chocolate Brownie Strawberry  
Trifle (1 Carb)

### Soup & Salad of the Day

Chicken Noodle Soup (1 Carb)  
Fresh Fruit & Cottage Cheese (2 Carbs)  
Ranch-French-Italian

Sugar-Salt-Pepper  
S & L - Salt\* - Pepper

### **Beverages**

C/Decaf 2% or 1% (1 Carb)  
HT/IT Grape or Apple (1 Carb)

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