

<p><u>Please Choose 1:</u></p> <p>Lunch & Dinner Entrées</p> <p>Beef & Broccoli Bowl with Rice CARB - 4</p> <p>Beef Pot Roast / Potato's & Carrots♥ CARB-2</p> <p>Butternut Squash & Sage Ravioli CARB - 3</p> <p>Chicken fajita Bowl (Rice, Red & Green Peppers, Onion, Corn, Black Beans, Cheese) CARB - 3.5</p> <p>Classic Meatloaf / Mashed Potato's ♥ CARB - 2</p> <p>Crustless Chicken Pot Pie CARB - 3</p> <p>Fettuccine Chicken Alfredo w/ Broccoli CARB - 2</p> <p>Lasagna CARB-2.5</p> <p>Spaghetti w/ Meatballs♥ CARB-2</p> <p>Steak & Roasted Potato's /Green Beans ♥ CARB - 2</p>	<p>Sides</p> <p>Carrots ♥ CARB-1</p> <p>Green Beans ♥ CARB-1</p> <p>Peas ♥ CARB-1</p> <p>Corn ♥ CARB-1</p> <p>Mac & Cheese CARB - 1</p> <p>Mashed Potatoes ♥ CARB-1</p> <p>Chips CARB-1</p>	<p><u>Please Choose 1:</u></p> <p>Desserts & Fruits</p> <p>Chocolate Chip Cookie CARB-3</p> <p>Gelatin ♥ CB-1.5</p> <p>Sugar-free Gelatin ♥</p> <p>Peanut Butter Cookie CARB-3</p> <p>Pudding ♥ CARB-1</p> <p><i>Chocolate</i></p> <p>Sugar-free Pudding ♥ CARB-1</p> <p><i>Chocolate or Vanilla</i></p> <p>Popsicles</p> <p>Fruit Cup ♥ CARB-1</p> <p>Banana</p> <p>Applesauce ♥ CARB-1</p> <p>Ice Cream Cup ♥ CARB-1</p> <p><i>Chocolate or Vanilla</i></p>
<p>OR</p>	<p><u>Please Choose 1:</u></p> <p>Breakfast Entrées</p> <p>Ham & Cheese Omelet</p> <p>Ham, Egg, Cheese Biscuit CARB-2</p> <p>Pancakes ♥ CARB-3</p> <p>Scrambled Eggs</p> <p>Sausage, Egg, Cheese Biscuit ♥ CARB-2</p>	<p>Beverages</p> <p>Coffee ♥</p> <p>Juice ♥ CARB-2</p> <p><i>Apple, Orange</i></p> <p>Hot Tea ♥</p> <p>Iced Tea ♥</p> <p>2% Milk ♥ CARB-1</p> <p>Soda CARB-2 for regular soda</p> <p><i>Coke, Coke Zero, Sprite, Sprite Zero, Dr. Pepper,</i></p>
<p>Sandwiches</p> <p>Grilled Cheese CARB-2</p> <p>Ham & Cheese CARB-2</p> <p>Hickory Smoked Pulled pork CARB-1</p> <p>Peanut Butter & Jelly♥ CARB-1</p>	<p>Breakfast Sides</p> <p>Bacon</p> <p>Sausage</p> <p>Toast ♥ CARB-1</p>	<p>Cereal</p> <p>Cold Cereal CARB-1</p> <p>Cream of Wheat♥ CARB-1</p> <p>Oatmeal Plain♥ CARB-1 or <i>Maple/Brown Sugar</i>♥ CARB-2</p>
<p>Soups</p> <p>Beef Vegetable CARB-2</p> <p>Chicken Noodle ♥ CARB -1</p> <p>Country Vegetable♥ CARB -1</p> <p>Hearty Chicken ♥ CARB -1.5</p> <p>Tomato CARB -3</p>	<p>Condiments</p> <p>Non-dairy Creamer ♥</p> <p>Sugar CARB-1</p> <p>Sugar Substitute♥ <i>Splenda or Sweet & Low</i></p> <p>Jelly <i>Grape or Strawberry</i></p> <p>Pepper ♥</p> <p>Salt</p> <p>Mayonnaise</p> <p>Margarine</p> <p>Mustard</p>	

For staff use only

♥ *Items contain less cholesterol, fat, and sodium. Please choose these items if you are on a healthy-heart, low-cholesterol, low-sodium or low-fat diet*

Regular

Healthy
Heart

Clear Liquid

ADA

Soft

Low Sodium

Renal

**Nursing please circle the diet
that the patient has been
ordered*

Allergies:	Patient label:
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