

75 g Carbohydrate Dinner Menu

Regulate carbohydrate intake to help maintain blood sugar control

Drink offerings

Coffee (reg or decaf)*	Shasta Cola (reg or diet)*
Iced Tea*	Skim Milk
Chamomile Tea	Orange Juice
Lemonade	Apple Juice
2% Milk	Cranberry Juice
Shasta Lemon Lime (reg or diet)	Vanilla Soy Milk

*Patients with caffeine restrictions cannot have these beverages.

Other drinks may be available upon request.
(Subject to caffeine restrictions)

Order cutoff times:

Breakfast: 5 a.m.

Lunch: 9 a.m.

Dinner: 3 p.m.

If you don't call to order your meal prior to the cutoff time, you will receive a tray, but will not be able to make selections.

Additional options are available, please ask when placing your order.

Sunday

1st Choice (standard):	Pasta w/ Meat Sauce Broccoli Cantaloupe Side Salad
2nd Choice:	Turkey Breast Mashed Potato w/ Chicken Gravy Carrots Breadstick
Alt Choice:	Personal Pizza Grilled Cheese Caesar Salad Baked Chips Apple Crisp Vanilla Ice Cream Cup

Monday

1st Choice (standard):	Chicken Marsala Mashed Potato w/ Beef Gravy Broccoli, Cauliflower, Carrots Peaches Side Salad
2nd Choice:	Saint Luke's Salad Chicken Noodle Soup Peaches
Alt Choice:	Personal Pizza Grilled Cheese Spinach Summer Salad Baked Chips Vanilla Ice Cream Cup (no sugar added) Vanilla Pudding

Tuesday

1st Choice (standard):	Turkey Breast Mashed Potato w/ Chicken Gravy Carrots Fruit Cocktail
2nd Choice:	Tilapia White Rice Broccoli, Cauliflower, Carrots
Alt Choice:	Personal Pizza Grilled Cheese Spinach Summer Salad Baked Chips Angel Food Cake Vanilla Ice Cream Cup

Wednesday

1st Choice (standard):	Pot Roast w/ Gravy & Veg Mashed Potato w/ Beef Gravy Green Beans Pineapple
2nd Choice:	Turkey Sandwich Chicken Noodle Soup
Alt Choice:	Personal Pizza Grilled Cheese Spinach Summer Salad Baked Chips Peach Cobbler Vanilla Ice Cream Cup

Thursday

1st Choice (standard):	Pork Loin Brown Rice Pilaf Carrots Peaches Side Salad
2nd Choice:	Tomato Soup Chicken Sandwich
Alt Choice:	Personal Pizza Grilled Cheese Caesar Salad Baked Chips Chocolate Chip Cookie Vanilla Ice Cream Cup

Friday

1st Choice (standard):	Chicken Marsala Baked Potato (Sour Cream and Butter) Broccoli Cantaloupe Side Salad
2nd Choice:	Salmon Green Beans
Alt Choice:	Personal Pizza Grilled Cheese Caesar Salad Baked Chips Apple Crisp Vanilla Ice Cream Cup

Saturday

1st Choice (standard):	Pork Loin Mashed Potato w/ Beef Gravy Broccoli, Cauliflower, Carrots Side Salad
2nd Choice:	Tilapia Baked Potato
Alt Choice:	Personal Pizza Grilled Cheese Spinach Summer Salad Baked Chips Angel Food Cake Vanilla Ice Cream Cup