

75 g Carbohydrate Lunch 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): Pot Roast w/ Gravy & Veg
Mashed Potato w/ Beef Gravy
Green Beans
Fruit Cocktail

2nd Choice: Salmon
Carrots
Peaches

Alt Choice: Hamburger
Grilled Cheese
Caesar Salad
Baked Chips
Angel Food Cake
Vanilla Ice Cream Cup

Monday

1st Choice (standard): Pork Loin
Baked Potato
Carrots
Fruit Cocktail

2nd Choice: Hamburger
Chicken Noodle Soup
Corn
Pears
Side Salad

Alt Choice: Grilled Cheese
Spinach Summer Salad
Baked Chips
Apple Crisp
Vanilla Ice Cream Cup

Tuesday

1st Choice (standard): Meatloaf
Mashed Potato w/ Beef Gravy
Broccoli, Cauliflower, Carrots
Grapes

2nd Choice: Turkey Sandwich
Chicken Noodle Soup
Carrots
Peaches

Alt Choice: Hamburger
Grilled Cheese
Spinach Summer Salad
Baked Chips
Chocolate Chip Cookie
Vanilla Ice Cream Cup

Wednesday

1st Choice (standard): Hamburger
Chicken Noodle Soup
Broccoli
Mandarin Oranges

2nd Choice: Chicken Sandwich
Baked Chips
Pineapple

Alt Choice: Spinach Summer Salad
Angel Food Cake
Vanilla Ice Cream Cup

Thursday

1st Choice (standard): Turkey Breast
Mashed Potato w/ Chicken Gravy
Broccoli, Cauliflower, Carrots
Dinner Roll
Applesauce

2nd Choice: Cottage Cheese & Fruit Plate
Chicken Noodle Soup
Carrots
Pears

Alt Choice: Hamburger
Grilled Cheese
Caesar Salad
Baked Chips
Angel Food Cake
Vanilla Ice Cream Cup

Friday

1st Choice (standard): Meatloaf
Mashed Potato w/ Beef Gravy
Corn
Peaches

2nd Choice: Chicken Salad Sandwich
Chicken Noodle Soup
Cauliflower
Fruit Cocktail

Alt Choice: Hamburger
Grilled Cheese
Caesar Salad
Baked Chips
Peach Cobbler
Vanilla Ice Cream Cup

Saturday

1st Choice (standard): Chicken Breast
Brown Rice Pilaf
Green Beans
Dinner Roll
Pineapple

2nd Choice: Turkey & Swiss Sandwich
Chicken Noodle Soup
Broccoli, Cauliflower, Carrots
Pears

Alt Choice: Hamburger
Grilled Cheese
Caesar Salad
Baked Chips
(no sugar added) Vanilla Pudding
Vanilla Ice Cream Cup