

Friday's

Consistent Carb Menu

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____ Carbohydrate Choices ____ Meat Choices ____ Fat Choices

CHILLED JUICES AND FRUIT

Each Selection = 1 CHO Unless Otherwise Noted

- Orange Juice, 1/2 cup
- Banana, 1/2 medium
- Apple Juice, 1/2 cup

BREAKFAST MEAT ENTREES

- Scrambled Egg (1 MEAT, 1 FAT)
- Poached Egg (1MEAT, 1 FAT)
- Sausage Patty (1MEAT, 1 FAT)
- Scrambled Egg Substitute (1MEAT)

BREADS AND CEREALS

Each Selection = 1 CHO Unless Otherwise Noted

- Oatmeal, 1/2 cup
- Cream of Wheat, 1/2 cup
- Shredded Wheat, 1/2 cup
- Cornflakes, 3/4 cup
- Toast (white/whole wheat)
- English Muffin, 1/2
- Cheerios, 1/2 cup

FATS

Each Selection = 1 FAT Unless Otherwise Noted

- Corn Oil Margarine, 1 tsp.
- Crisp Bacon Strip, 1 each

BEVERAGES

- 2% Milk - 8oz. (1 CHO) 4oz. (1/2 CHO)
- 1% Milk - 8oz. (1CHO) 4oz. (1/2 CHO)
- Skim Milk - 8oz. (1CHO) 4oz. (1/2 CHO)
- Coffee
- Decaffeinated Coffee
- Hot Tea
- Decaffeinated Hot Tea

CONDIMENTS (FREE FOOD)

- Sugar Substitute
- Lemon Juice
- Diet Jelly
- Ketchup (1ea.)

____ Carbohydrate Choices ____ Meat Choices ____ Fat Choices

TO BEGIN YOUR LUNCHEON (FREE FOOD)

- Diet Gelatin Jewels
- Tossed Salad
- Relish Plate
- Vinegar

YOUR ENTRÉE SELECTIONS

- Teriyaki Chicken, Fat Free (3 MEATS)
- Chopped Beef Steak, Fat Free with (3 MEATS)
- Low Fat Brown Gravy, 2oz. (FREE FOOD)

TO COMPLIMENT YOUR MEAL

- Sliced Beets (FF), 1/2 cup
- Baby Carrots (FF), 1/2 cup

BREADS, STARCHY VEGGIES & CRACKERS

Each Selection = 1 CHO Unless Otherwise Noted

- White Bread, 1 slice
- Wheat Bread, 1 slice
- Dinner Roll
- Saltine Crackers, 6 each
- Whipped Potatoes, FF, 1/2 cup
- White Rice, FF, 1/3 cup
- Angel Food Cake, 1oz. Slice
- Diet Pudding, 1/2 cup

FATS

- Corn Oil Margarine, 1 tsp. (1 FAT)

A FINISHING TOUCH

Each Selection = 1 CHO Unless Otherwise Noted

- Diet Fruited Gelatin, 3/4 cup (FREE FOOD)
- Chunky Mixed Fruit, 1/2 cup
- Fresh Fruit

BEVERAGES

- 2% Milk - 8oz. (1 CHO) 4oz. (1/2 CHO)
- 1% Milk - 8oz. (1CHO) 4oz. (1/2 CHO)
- Skim Milk - 8oz. (1CHO) 4oz. (1/2 CHO)
- Coffee
- Decaffeinated Coffee
- Iced Tea
- Hot Tea
- Decaffeinated Hot Tea
- Decaffeinated Iced Tea

CONDIMENTS (FREE FOOD)

- Sugar Substitute
- Diet Jelly
- Diet French Dressing
- Lemon Juice
- Ketchup (1)
- Mustard
- Diet Italian Dressing

____ Carbohydrate Choices ____ Meat Choices ____ Fat Choices

TO BEGIN YOUR DINING (FREE FOOD)

- Diet Gelatin Jewels
- Tossed Salad
- Relish Plate
- Vinegar

YOUR ENTRÉE SELECTIONS

- Cold Plate - 1/4 c. chicken salad,
- 1/4 c. cottage cheese, fresh veggies (2 MEATS)

- Baked Lemon Pepper Fish (FF) (3 MEATS)

TO COMPLIMENT YOUR MEAL

- Chilled V-8 Juice
- California Blend Veggies (FF), 1/2 cup

BREADS, STARCHY VEGGIES & CRACKERS

Each Selection = 1 CHO Unless Otherwise Noted

- White Bread, 1 slice
- Wheat Bread, 1 slice
- Dinner Roll
- Saltine Crackers, 6 each
- Green Peas (FF), 1/2 cup
- New Potatoes (FF), 1/2 cup
- Vegetable Beef Soup, 1cup
- Chicken Noodle Soup, 1 cup

FATS

- Corn Oil Margarine, 1 tsp. (1 FAT)

A FINISHING TOUCH

Each Selection = 1 CHO Unless Otherwise Noted

- Diet Fruited Gelatin, 3/4 cup (FREE FOOD)
- Seasonal Fresh Fruit Cup, 1/2 cup
- Chilled Peaches, 1/2 cup

BEVERAGES

- 2% Milk - 8oz. (1 CHO) 4oz. (1/2 CHO)
- 1% Milk - 8oz. (1CHO) 4oz. (1/2 CHO)
- Skim Milk - 8oz. (1CHO) 4oz. (1/2 CHO)
- Coffee
- Decaffeinated Coffee
- Iced Tea
- Hot Tea
- Decaffeinated Hot Tea
- Decaffeinated Iced Tea

CONDIMENTS (FREE FOOD)

- Sugar Substitute
- Diet Jelly
- Diet French Dressing
- Lemon Juice
- Ketchup (1)
- Mustard
- Diet Italian Dressing

Name: _____

Room: _____

Name: _____

Room: _____

Name: _____

Room: _____