

LUNCH MENU 5

(Limit 1 Hot or 1 Cold Entrée)

HOT ENTREES:

- Pot Roast Grilled Chicken
Panko & Dijon Crusted Tilapia (1 CHO)
Chicken Parmesan (1 CHO)
♥Chicken Marsala(1 CHO) Meatloaf (1 CHO)
Turkey Pot Pie(2 CHO)
Turkey w/Stuffing & Gravy (2 CHO)
■Macaroni & Cheese (3 CHO)
■Pasta: Rotini or ♥Whole Wheat Penne
w/ your choice of:
■♥Marinara/Garlic Butter/Pesto/Meatballs
(Side order= 1 CHO Entrée= 2 CHO)
■General Tso Vegetarian Stir Fry served
over White Rice (2 CHO)
■♥Southwest Vegetarian Chili (2 CHO)

From the Grill:

- (1 CHO)
Chicken Tenders
(2 CHO)
(Grilled Chicken Sandwich Hot Dog
Cheeseburger Hamburger
Turkey Burger BLT
 Grilled Cheese: Plain or w/Tomato or Ham
(3 CHO)
Fish Sandwich Veggie Burger
(5 CHO)
Pepperoni Pizza Cheese Pizza
SOUPS & SALADS:(Limit 1 each)
Chicken Noodle Tomato
Garden Vegetable Cream of Broccoli
(1 CHO EACH)
Chicken Broth Beef Broth

- ♥Cottage Cheese ■Coleslaw
■♥Tossed Salad
(Italian/Ranch/French/Caesar/Oil &
Vinegar/Lowfat Italian/Lowfat French)

DESSERTS: (1 CHO EACH)

- ♥Angel Food Cake ♥Diet Gelatin (free)
Diet Pudding: Chocolate, Vanilla
Fresh Fruit ■♥: Apple, Banana, Orange,
Grapes, Pineapple, Fresh Fruit Cup,Prunes
Canned Fruit ■♥: Peaches, Pears,
Applesauce
♥Light Yogurt ♥Custard Lorna Doones
♥Graham Crackers ♥Vanilla Wafers
Pound Cake (2 CHO)

CONSISTENT CARBOHYDRATE DIET

CHO= Carbohydrate

COLD ENTREES:

- Chef Salad Chicken Caesar Salad (1 CHO)
(Italian/Ranch/French/Caesar/Oil &
Vinegar/Lowfat Italian/Lowfat French)
■♥Cottage Cheese Fruit Plate (2 CHO)
Deli Bar~ Create your custom sandwich
Salad Meats Cheeses
Tuna Salad ♥Turkey ■American
■Egg Salad Roast Beef ■Swiss
Chicken Salad Ham ■Provolone
Breads:White, ♥Wheat, Rye (1 CHO/slice)
Kaiser Roll (2 CHO) Hoagie Roll (3 CHO)
■Peanut Butter & Diet Jelly Turkey Club
Extras: Lettuce, Tomato, Onion, Pickle
Regular Potato Chips (0.5 CHO)

ACCOMPANIMENTS:

- ♥Green Beans ■♥Broccoli ■♥Carrots
■♥California Blend Vegetables
(1 CHO)
■♥Butternut Squash ■♥Mashed Potato
■♥Corn ■♥White Rice Rice Pilaf
Dinner Roll Curly Fries French Fries
(2 CHO) ■♥Baked Sweet Potato ♥Baked
Potato Chips Breadstick (1.5 CHO)

BEVERAGES: (Limit 3)

- Coffee/Decaf Coffee
Sugar-Free Hot Cocoa (1 CHO)
Tea/Decaf Tea/Herbal Tea/ Iced Tea/Water
Milk: ♥Skim, 2%,Whole, Chocolate, Lactaid,
■Soy milk (8oz= 1 CHO, 4oz=1/2 CHO)
♥Juice:(1 CHO)Apple, Cranberry, OJ, V-8,
Prune
Soda: Diet Coke, Diet Sprite, Diet Gingerale

- CONDIMENTS:** Salt/Pepper/Sugar Sub
Butter/Margarine/Lemon/Ketchup/Mustard
Mayo/Lowfat Mayo /Parmesan Cheese
Creamer/Non-dairy creamer Sour Cream
BBQ Sauce/Relish/Tartar Sauce/Soy Sauce
♥ indicates a heart healthy menu item
■ indicates a vegetarian menu item

Mon Tue Wed Thu Fri Sat Sun

DINNER MENU 5

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Chicken Parmesan (1 CHO)
♥Chicken Marsala(1 CHO) Meatloaf (1 CHO)
Turkey Pot Pie(2 CHO)
Turkey w/Stuffing & Gravy (2 CHO)
■Macaroni & Cheese (3 CHO)
■Pasta: Rotini or ♥Whole Wheat Penne
w/ your choice of:
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(Side order= 1 CHO Entrée= 2 CHO)
■General Tso Vegetarian Stir Fry served
over White Rice (2 CHO)
■♥Southwest Vegetarian Chili (2 CHO)

From the Grill:

- (1 CHO)
Chicken Tenders
(2 CHO)
♥Grilled Chicken Sandwich Hot Dog
Cheeseburger Hamburger
Turkey Burger BLT
■Grilled Cheese: Plain or w/Tomato or Ham
(3 CHO)
Fish Sandwich ■Veggie Burger
(5 CHO)
Pepperoni Pizza ■Cheese Pizza

SOUPS & SALADS:(Limit 1 each)

- Chicken Noodle ■Tomato
■Garden Vegetable ■Cream of Broccoli
(1 CHO EACH)
Chicken Broth Beef Broth

- ♥Cottage Cheese ■Coleslaw
■♥Tossed Salad
(Italian/Ranch/French/Caesar/Oil &
Vinegar/Lowfat Italian/Lowfat French)

DESSERTS: (1 CHO EACH)

- ♥Angel Food Cake ♥Diet Gelatin (free)
Diet Pudding: Chocolate, Vanilla
Fresh Fruit ■♥: Apple, Banana, Orange,
Grapes, Pineapple, Fresh Fruit Cup,Prunes
Canned Fruit ■♥: Peaches, Pears,
Applesauce
♥Light Yogurt ♥Custard Lorna Doones
♥Graham Crackers ♥Vanilla Wafers
Pound Cake (2 CHO)

CONSISTENT CARBOHYDRATE DIET

CHO= Carbohydrate

COLD ENTREES:

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(Italian/Ranch/French/Caesar/Oil &
Vinegar/Lowfat Italian/Lowfat French)
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Deli Bar~ Create your custom sandwich
Salad Meats Cheeses
Tuna Salad ♥Turkey ■American
■Egg Salad Roast Beef ■Swiss
Chicken Salad Ham ■Provolone
Breads:White, ♥Wheat, Rye (1 CHO/slice)
Kaiser Roll (2 CHO) Hoagie Roll (3 CHO)
■Peanut Butter & Diet Jelly Turkey Club
Extras: Lettuce, Tomato, Onion, Pickle
Regular Potato Chips (0.5 CHO)

ACCOMPANIMENTS:

- ♥Green Beans ■♥Broccoli ■♥Carrots
 ■♥California Blend Vegetables
(1 CHO)
■♥Butternut Squash ■♥Mashed Potato
■♥Corn ■♥White Rice Rice Pilaf
Dinner Roll Curly Fries French Fries
(2 CHO) ■♥Baked Sweet Potato ♥Baked
Potato Chips Breadstick (1.5 CHO)

BEVERAGES: (Limit 3)

- Coffee/Decaf Coffee
Sugar-Free Hot Cocoa (1 CHO)
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Milk: ♥Skim, 2%,Whole, Chocolate, Lactaid,
■Soy milk (8oz= 1 CHO, 4oz=1/2 CHO)
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Prune
Soda: Diet Sprite, Diet Gingerale

- CONDIMENTS:** Salt/Pepper/Sugar Sub
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Mayo/Lowfat Mayo /Parmesan Cheese
Creamer/Non-dairy creamer Sour Cream
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