

Lunch Menu-Week of December 26 to January 1

SUNDAY, December 26

COOK'S CHOICE-ASK FOR DETAILS

MONDAY, December 27

Breakfast Special-Hash Brown Casserole (2 carb)

Menu Item	Serving/Calories
Chicken and Rice Soup ♥(1 carb)	=117 calories
Spaghetti (1 carb)	=153 calories
Garlic Bread (1 carbs)	=120 calories
Hamburger on a Bun (2 carb)	=225 calories
Green Beans Almondine (0 carb)	=126 calories

Tuesday, December 28

Breakfast Special-Cinnamon Roll (3 carb)

Menu Item	Serving/Calories
Cream of Broccoli Soup (1 carb)	=80 calories
Chicken Kiev (1 carb)	=210 calories
Herb Roasted Potatoes (1 carb)	=117 calories
Peas♥(1 carb)	=70 calories

Wednesday, December 29

Breakfast Special-Biscuits & Gravy (2 carb)

Menu Item	Serving/Calories
Chicken Pot Pie Soup ♥(1 carb)	=125 calories
Taco Pizza (2 carb)	=300 calories
Escalloped Apples (2 carb)	=140 calories
Grilled Chicken on a Bun (2 carb)	=225 calories
Brussels Sprouts (0 carb)	½ cup=19 calories

Thursday, December 30-Breakfast Special:

Hash Browns (1)

Menu Item	Serving/Calories
Chili (1 carb)	=260 calories
Monterey Chicken ♥(0 carb)	=269 calories
Baked Potato♥(2 carbs)	=140 calories
California Normandy Veggies ♥(0 carb)	½ cup=30 calories

Friday, December 31-Breakfast Special:

Bacon and Cheese Omelet (0 carb)

Menu Item	Serving/Calories
Tomato Soup ♥(0 carb)	=91 calories
Grilled Cheese on Texas Toast (2 carb)	=346 calories
Steak Fries (1 carb)	=176 calories
Carrots♥(0 carb)	½ cup=25 calories

Saturday, January 1

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*****Menu Subject to Change*****

Note-the numbers behind menu item indicates the total # of carbohydrate servings
(1)=1 carbohydrate choice

For an 1800 calorie diet-4 total carbohydrate choices per meal is recommended and 500 calorie meals for breakfast, lunch, supper, and three (100) calorie snacks.

♥ indicates the item is less than or =to 3 grams saturated fat, no trans fat, and less than 500 mg sodium per serving