

| <b>Lunch Sunday</b>   | <b>GI Soft</b>  | <b>Mech Soft-Ground</b>   |
|---|---|---|
| 3 oz. LemonTurkey Steak<br>1/2 cup brown rice<br>1/2 cup green beans<br>white roll<br>1 margarine<br>1/2 cup fresh fruit<br>d'caf tea                           | 4 oz. Apple juice<br>3 oz. LemonTurkey Steak<br>1/2 cup orange rice<br>1/2 cup green beans<br>white roll<br>1 margarine<br>1/2 cup canned apricots<br>d'caf tea | 4 oz. Apple juice<br>3 oz. ground LemonTurkey<br>1/2 cup orange rice<br>1/2 cup ground green beans<br><br>1 margarine<br>Applesauce<br>d'caf tea        |
| <b>Dinner Sunday</b>  | <b>GI Soft</b>  | <b>Mech Soft-Ground</b>   |
| 8 oz. LF milk<br>1/2 cup Vegetarian Pasta<br>3 oz Chicken Fillet<br>sm. Green salad w/ranch<br>wheat roll<br>1 margarine<br>1/2 cup fresh fruit<br>1 cup yogurt | 4 oz Cranberry Juice<br>1/2 cup Vegetarian Pasta<br>3 oz Chicken Fillet<br>1/2 cup Zucchini<br>white roll<br>1 margarine<br>1/2 cup pudding<br>d'caf tea        | 4 oz Cranberry Juice<br>1/2 cup ger. Vegetarian Pasta<br>3 oz gr. Chicken Fillet<br>1/2 cup Zucchini<br><br>1 margarine<br>1/2 cup pudding<br>d'caf tea |
| <b>Breakfast Monday</b>   | <b>GI Soft</b>  | <b>Mech Soft-Ground</b>   |
| 4 oz. Orange Juice<br>1/2 cup oatmeal<br>1 bran muffin<br>2 Sausages<br>1 Margarine<br>8 oz. LF Milk<br>Coffee<br>Syrup   | 4 oz. Orange Juice<br>1/2 Oatmeal<br>2 halves French Toast<br><br>1 Margarine<br>8 oz. LF Milk<br>Coffee<br>Syrup   | 4 oz. Orange Juice<br>1/2 Oatmeal<br>gr. French toast<br>2 Sausages - ground<br>1 Margarine<br>8 oz. LF Milk<br>Coffee<br>Syrup                         |

| <b>Carb Controlled</b>  | <b>Low Sodium, Low Fat</b>  |
|---|---|
| sm green salad/ranch<br>3 oz. LemonTurkey Steak<br>1/2 cup brown rice<br>1/2 cup green beans<br>Whole Wheat Roll<br>1 margarine<br>1/2 cup fresh fruit<br>d'caf tea | 3 oz. LemonTurkey Steak<br>1/2 cup brown rice<br>1/2 cup green beans<br>whole wheat roll<br>1 margarine<br>1/2 cup fresh fruit<br>d'caf tea             |
| <b>Carb Controlled</b>  | <b>Low Sodium, Low Fat</b>  |
| Vegetable Soup<br>1/2 cup Vegetarian Pasta<br>3 oz Chicken Fillet<br>sm green salad/ranch<br>Whole Wheat Roll<br>1 margarine<br>1 cup yogurt<br>d'caf tea           | NF milk<br>1/2 cup Vegetarian Pasta<br>3 oz Chicken Fillet<br>sm. Green salad w/ranch<br>1/3 cup brown rice<br>1 margarine<br>1 cup yogurt<br>d'caf tea |
| <b>Carb Controlled</b>  | <b>Low Sodium, Low Fat</b>  |
| 1/2 fresh fruit cup<br>1/2 cup oatmeal<br><br>2 Sausages<br>1 Margarine<br>8 oz. LF Milk<br>Coffee<br>LC Syrup  | 4 oz. Orange Juice<br>1 cup oatmeal<br>2 halves French Toast<br>1/4 cup LSLF Scr Eggs<br>1 Margarine<br>8 oz. LF Milk<br>Coffee<br>Syrup                |

**Renal**

4 oz. Apple juice  
3 oz. LemonTurkey Steak  
1 cup orange rice  
1/2 cup green beans  
white roll  
3 margarine  
Applesauce  
d'caf tea

**Renal**

1/2 cup LS california coleslaw  
3 oz. italian turkey fillet  
1/2 cup noodles/gravy  
1/2 cup Zucchini  
white roll  
3 margarine  
1/2 cup pudding  
d'caf tea

**Renal**

4 oz. Cranberry Juice  
1 box. Cheerios  
3 halves French Toast  
1/4 cup LSLF Scr Eggs  
3 Margarine  
4 oz. LF Milk  
Coffee  
Syrup