

## Carbohydrate Foods

### MOBILE MEALS WINTER/SPRING / WEEK 5

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
<b>M O N D A Y</b>	Seasoned Baked Chicken	3oz	Seasoned Baked Chicken	3oz	Seasoned Baked Chicken	3oz	Seasoned Baked Chicken	3oz
	Rice Pilaf	½ C	Rice Pilaf	½ C	Rice Pilaf	½ C	Rice Pilaf	½ C
	Garden Peas	½ C	Garden Peas	½ C	Garden Peas	½ C	Garden Peas	½ C
	Lorna Doones	1	Lorna Doones	1	Lorna Doones	1	Lorna Doones	1
	Orange	1	Orange	1	Orange	1	Orange	1
	Turkey/Bun	2oz	Turkey/Bun	2oz	Turkey/Bun	2oz	Turkey/Bun	2oz
	Mixed Fruit	1	Mixed Fruit	1	Mixed Fruit	1	Mixed Fruit	1
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
<b>T U E S D A Y</b>	Chicken Pot Pie	½ C	Chicken Pot Pie	½ C	Chicken Pot Pie	½ C	Chicken Pot Pie	½ C
	Whipped Potatoes	½ c	Whipped Potatoes	½ c	Whipped Potatoes	½ c	Whipped Potatoes	½ c
	Gravy	¼ c	Gravy	¼ c	Gravy	¼ c	Gravy	¼ c
	Green Beans	½ c	Green Beans	½ c	Green Beans	½ c	Green Beans	½ c
	Peaches	1	Peaches	1	Peaches	1	Peaches	1
	Vanilla Pudding	1	LC Van Pudding	1	Vanilla Pudding	1	LC Van Pudding	1
	Turkey/Swiss/Bun	2oz	Ham/Swiss/Bun	2oz	Turkey/Swiss/Bun	2oz	Turkey/Swiss/Bun	2oz
	Banana	1	Banana	1	Banana	1	Banana	1
2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2	
<b>W E D N E S D A Y</b>	Stuffed Cabbage	1	Stuffed Cabbage	1	Stuffed Cabbage	1	Stuffed Cabbage	1
	Whipped Potatoes	½ C	Whipped Potatoes	½ C	Whipped Potatoes	½ C	Whipped Potatoes	½ C
	Gravy	¼ C	Gravy	¼ C	Gravy	¼ C	Gravy	¼ C
	Sliced Carrots	½ C	Sliced Carrots	½ C	Sliced Carrots	½ C	Sliced Carrots	½ C
	Grapes	15	Grapes	15	Grapes	15	Grapes	15
	Chicken Salad/Bun	2oz	Chicken Salad/Bun	2oz	Chicken Salad/Bun	2oz	Chicken Salad/Bun	2oz
	Gelatin	1	LC Gelatin	1	Gelatin	1	LC Gelatin	1
	Applesauce	1	Applesauce	1	Applesauce	1	Applesauce	1
2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2	
<b>T H U R S D A Y</b>	Salisbury Steak	1	Salisbury Steak	1	Salisbury Steak	1	Salisbury Steak	1
	Fluffy Rice	½ C	Fluffy Rice	½ C	Fluffy Rice	½ C	Fluffy Rice	½ C
	Broccoli Florets	½ C	Broccoli Florets	½ C	Broccoli Florets	½ C	Broccoli Florets	½ C
	Mixed Fruit	1	Mixed Fruit	1	Mixed Fruit	1	Mixed Fruit	1
	Choc Chip Cookie	1	Choc Chip Cookie	1	Choc Chip Cookie	1	Choc Chip Cookie	1
	Egg Salad/Bun	2oz	Egg Salad/Bun	2oz	Egg Salad/Bun	2oz	Egg Salad/Bun	2oz
	Pear	1	Pear	1	Pear	1	Pear	1
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
<b>F R I D A Y</b>	Breaded Shrimp	4	Breaded Shrimp	4	Breaded Shrimp	4	Breaded Shrimp	4
	Macaroni and Cheese	½ C	Macaroni and Cheese	½ C	Macaroni and Cheese	½ C	Macaroni and Cheese	½ C
	Mixed Vegetables	½ C	Mixed Vegetables	½ C	Mixed Vegetables	½ C	Mixed Vegetables	½ C
	Mandarin Orange	1	Mandarin Orange	1	Mandarin Orange	1	Mandarin Orange	1
	Lorna Doones	1	Lorna Doones	1	Lorna Doones	1	Lorna Doones	1
	Apple	1	Apple	1	Apple	1	Apple	1
	Chicken Salad/Bun	2oz	Chicken Salad/Bun	2oz	Chicken Salad/Bun	2oz	Chicken Salad/Bun	2oz
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2

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