

DIABETIC & WEIGHT CONTROL

COMPLETE DINNER MENU (soup, entrée & dessert) for \$6.50

SOUPS

	Carb.	Protein	Fat	Calories
401 Beef & Barley	13.6 g	4.1 g	2.0 g	86.9
402 Homemade Vegetable	10.4 g	3.8 g	1.1 g	69.0
403 Chicken Noodle	11.6 g	4.2 g	1.3 g	75.5
404 French Pea	17.2 g	8.0 g	1.2 g	109.4
405 Minestrone	9.5 g	2.2 g	0.3 g	47.0
406 Lentil	19.8 g	7.7 g	0.4 g	110.0

ENTREES

	Carb.	Protein	Fat	Calories
501 Poached Fish with parsley potatoes, peas & carrots	34.7 g	26.6 g	2.2 g	263.5
502 Fish Creole with brown rice and French beans	58.5 g	31.9 g	3.1 g	394.8
503 Grilled Salmon with parsley potatoes & peas	35.2 g	29.2 g	1.7 g	269.2
504 Chicken Cacciatore with noodles & Italian mix	44.1 g	51.1 g	13.2 g	509.7
506 Roast Turkey with mashed potatoes & carrots	29.1 g	33.7 g	14.2 g	382.3
507 Roast Beef with mashed potatoes & peas	34.2 g	42.1 g	10.6 g	405.9
508 Meat Loaf with mashed potatoes & parsnips	41.5 g	27.3 g	18.5 g	440.6
509 Beef Vegetable Stew with carrots & turnip	29.5 g	32.8 g	7.6 g	319.8
510 Roast Pork with mashed potatoes & peas	34.4 g	40.9 g	7.4 g	372.8
511 Chicken Stew with broccoli & parsnips	46.6 g	46.5 g	6.4 g	432.6
512 Baked Ham with parsley potatoes & french beans	55.4 g	27.8 g	12.8 g	448.3
513 Braised Liver with mashed potatoes, peas & carrots	31.1 g	35.0 g	7.9 g	332.0

DESSERTS

	Carb.	Protein	Fat	Calories
602 Apple Sauce	16.5 g	0 g	0 g	66.0
603 Stewed Rhubarb	4.2 g	1.2 g	0.2 g	21.1
604 Peach Slices	13.7 g	0 g	0 g	57.1
605 Pear Slices	16.0 g	0 g	0 g	68.6
606 Banana Bread	20.6 g	3.7 g	1.1 g	108.8
607 Carrot Cake	23.9 g	3.9 g	0.5 g	111.5
608 Rice Pudding	22.3 g	5.5 g	0.4 g	114.6
609 Tapioca Pudding	31.4 g	10.2 g	0.5 g	177.0

