

Name: _____

**Low Carb

Sunday

Entrée:

**Roast Beef

**Baked Ham

Chicken & Dressing

Fried Chicken

Smoked Sausage w/kraut

Meatballs & Spaghetti

Sides:

Mashed Potatoes

Corn

**Green Beans

**Fried Okra

Pinto Beans

Candied Yams

Mac & Cheese

**Turnip Greens

**Cucumber & Onions

Dessert Sides:

Peach Cobbler

Coconut Cream Pie

Peanut Butter Pie

Strawberry Short Cake

Breads:

Roll

Cornbread Muffin

Jalapeno Cornbread

Drink: _____

Name: _____

**Low Carb

Monday

Entrée:

Fried Chicken

Meatloaf

Beef Liver w/Onions

**Grilled Pork Chops

Chicken Fried Steak

Sides:

Mashed Potatoes

Corn

**Green Beans

Fried Potatoes

**Boiled Cabbage

Purple Hull Peas

White Beans

Broccoli w/Cheese

**Cucumber & Onions

Dessert Sides:

Chocolate Cake

Blackberry Cobbler

Oatmeal Cake

Strawberry Short Cake

Breads:

Roll

Cornbread Muffin

Jalapeno Cornbread

Drink: _____

Name: _____

**Low Carb

Tuesday

Entrée:

Chicken & Dumplings

**Smothered Pork Steak

Burrito w/chili & cheese

Beef Tips w/Rice

Chicken Fried Chicken

Sides:

Mashed Potatoes

Corn

**Green Beans

**Turnip Greens

Candied Yams

Pinto Beans

Mac & Cheese

Cole Slaw

**Cucumber & Onions

Dessert Sides:

Coconut Cream Pie

Peach Cobbler

Banana Pudding

Strawberry Short Cake

Breads:

Roll

Cornbread Muffin

Jalapeno Cornbread

Drink: _____

Name: _____

**Low Carb

Wednesday

Entrée:

Chicken & Dressing

**Baked Chicken

**Sausage & Kraut

**Salisbury Steak

**Pork Tenderloin

Sides:

Mashed Potatoes

Corn

**Green Beans

White Beans

Black Eyed Peas

**Sautéed Cabbage

Fried Squash

Potato Salad

**Cucumber & Onions

Dessert Sides:

Chocolate Pie

Apple Dumpling

Peanut Butter Pie

Strawberry Short Cake

Breads:

Roll

Cornbread Muffin

Jalapeno Cornbread

Drink: _____

Name: _____

**Low Carb

Thursday

Entrée:

Fried Pork Chop

Chicken Fried Steak

Spaghetti Casserole

Mexican Chicken

**Rotisserie Chicken

Sides:

Mashed Potatoes

Corn

**Green Beans

**Fried Okra

Pinto Beans

Mac & Tomatoes

Peas & Carrots

Brussel Sproutsw/cheese

**Cucumber & Onions

Dessert Sides:

Chocolate Cake

Banana Pillow

Cheese Cake

Strawberry Short Cake

Breads:

Roll

Cornbread Muffin

Jalapeno Cornbread

Drink: _____