

ATRIUM

Carb Counter

Carb counted menu items with a fiber & protein focus – to be included in a balanced meal. Recommendations for carbohydrate intakes vary by individual. Ask your doctor or a dietitian!

ENTREES

Carb Free	GRILLED SALMON, SHRIMP, OR CHICKEN (0g carb)
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<1 Serving	MEDITERRANEAN COD (6g carb)
	HOUSE SALAD W/PROTEIN CHOICE (7 g carb)
	CHICKEN MARSALA (7g carb)
	PAN SEARED CHICKEN W/ARTICHOKES (9g carb)
	PORK TENDERLOIN W/APPLES (7g carb)

1-2 Servings	CHICKEN DIJON (19g carb)
	SPAGHETTI CARBONARA W/CHICKEN (19g carb)

SIDES

<1 Serving	HOUSE SALAD (5 g carb) FRUIT SALAD (7g carb)
	BRAISED COLLARD GREENS (4g carb)
	STEAMED BROCCOLI (8g carb) STEAMED CARROTS (11g carb)
	STEAMED GREEN BEANS (8g carb)
	RICE CONFETTI (11g carb)

1-2 Servings	STEWED TOMATOES W/ OKRA (12g carb)
	MASHED POTATOES (18g carb)
	BEET & ORANGE SALAD (19g carb)
	PLAIN OR BUTTERED CORN (23g carb)

3 Servings	BAKED SWEET POTATO (45g carb)
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Charlestown
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