

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese Biscuit Sandwich
Two Pancakes with syrup

Circle up to 3 Sides

Cream of Wheat	Fruit Loops
Cheerios	Raisin Bran
Hashbrown Patty	
Turkey Sausage Link	Bacon
Blueberry Lemon Bread	White Toast
Banana Bread	Wheat Toast

Circle up to 2

Banana	Vanilla Yogurt
Apple Slices	Strawberry Chobani Yogurt

Beverages (limit 3 drinks per meal)

Orange Juice	Apple Juice	Prune Juice	
Skim Milk	1% Milk	Chocolate Milk	
Coffee	Decaf Coffee	Hot Tea	Iced Tea

Condiments (circle all needed for meal)

Sugar	Splenda	Creamer
Butter	Margarine	Peanut Butter
Jelly	Sugar Free Jelly	Brown Sugar
Salt	Pepper	Salt Free Seasoning
Ketchup	Syrup	

Lunch Tomorrow

Circle up to 1 Entree

Cheese Pizza
Deli Turkey Sandwich on Wheat (toppings below)
Hamburger (toppings below)

Circle up to 3 Sides

Cottage Cheese	Pasta Salad
French Fries	Potato Chips
Mixed Vegetables	
Mixed Greens Salad	
	-Ranch -Fat Free Ranch
	-Balsamic dressing -French
Applesauce	Banana

Circle up to 1 Dessert

Chocolate Chip Cookie	Lemon Italian Ice
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Beverages (limit 3 drinks per meal)

Skim Milk	1% Milk	Chocolate Milk	
Coffee	Decaf Coffee	Hot Tea	Iced Tea

Condiments (circle all needed for meal)

Sugar	Splenda	Creamer	
Butter	Margarine	Peanut Butter	
Jelly	Sugar Free Jelly	Salt	Pepper
Salt Free Seasoning	Mayo	Mustard	
Ketchup	BBQ Sauce	Tartar Sauce	

Sandwich Toppings:

Lettuce	Tomato	Onion	Pickle
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Dinner Tomorrow

Circle up to 1 Entree

Impossible™ Burger (toppings below)
Enchilada Casserole (sour cream, pico de gallo)
Tilapia (Tartar Sauce)

Circle up to 3 Sides

Tomato Soup	Baked Potato Soup
Dinner Roll	Rice
Mashed Potatoes	Mixed Vegetables
Green Beans	
Mixed Greens Salad	
	-Ranch -Fat Free Ranch
	-Balsamic dressing -French
Sliced Peaches	Sliced Apples

Circle up to 1 Dessert

Chocolate Brownie	Sugar cookie
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Beverages (limit 3 drinks per meal)

Skim Milk	1% Milk	Chocolate Milk	
Coffee	Decaf Coffee	Hot Tea	Iced Tea

Condiments (circle all needed for meal)

Sugar	Splenda	Creamer	
Butter	Margarine	Peanut Butter	
Jelly	Sugar Free Jelly	Salt	Pepper
Salt Free Seasoning	Mayo	Mustard	
Ketchup	BBQ Sauce	Tartar Sauce	

Sandwich Toppings:

Lettuce	Tomato	Onion	Pickle
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Sunday Meal Selections

(Week A Day 1)