

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees Scrambled

Eggs
Egg and Cheese English Muffin Sandwich
Cinnamon Berry French Toast

Circle up to 3 Sides

| | |
|----------------------|-------------|
| Cream of Wheat | Fruit Loops |
| Cheerios | Raisin Bran |
| Hashbrown Patty | Bacon |
| Turkey Sausage Link | |
| Cinnamon Coffee Cake | White Toast |
| Banana Bread | Wheat Toast |

Circle up to 2

| | |
|--------------|-----------------------------|
| Banana | Yogurt Parfait with Berries |
| 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

Supreme Pizza
Hummus on Wheat (toppings below)
Hamburger (toppings listed below)

Circle up to 3 Sides

| | |
|------------------|----------------|
| Cottage Cheese | Pasta Salad |
| French Fries | Potato Chips |
| Mixed Vegetables | |
| Baby Carrots | Ranch Dressing |
| Diced Pears | Diced Peaches |

Circle up to 1 Dessert

| | |
|-----------------------|---------------|
| Chocolate Chip Cookie | Lemon Italian |
|-----------------------|---------------|

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 |
|---------|--------|-------|--------|

Dinner Tomorrow

Circle up to 1 Entree

Meat Lasagna
Grilled Chicken Sandwich (toppings below)
Open Face Turkey Sandwich

Circle up to 3 Sides

| | | |
|--------------------|--------------------|-----------------|
| Chili | Tomato Soup | |
| Dinner Roll | Rice | |
| Mashed Potatoes | | |
| Green Beans | | |
| Mixed Greens Salad | | |
| | -Ranch | -Fat Free Ranch |
| | -Balsamic dressing | -French |
| Applesauce | Fresh Fruit | |

Circle up to 1 Dessert

| | |
|------------------|-------------------|
| Rice Krispie Bar | Chocolate Pudding |
|------------------|-------------------|

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 |
|---------|--------|-------|--------|

Monday Meal Selections

(Week B Day 2)