

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Lunch Tomorrow

Dinner Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
 Hard Boiled Eggs x 2
 Two Pancakes with Syrup

Circle up to 1 Entree

Tuna Noodle Casserole
 Ham on Wheat (toppings below)
 Grilled Cheese

Circle up to 1 Entree

Hamburger (toppings below)
 Cheese Pizza
 Baked Tilapia (tartar sauce)

Circle up to 3 Sides

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

Circle up to 3 Sides

Tomato Soup Pasta Salad
 Cottage Cheese Baked Potato Chips
 Mixed Vegetables
 Mixed Greens Salad
 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
 Applesauce Mandarin Oranges

Circle up to 3 Sides

Chicken Noodle Soup Beef Stew
 Dinner Roll French Fries
 Green Beans Rice
 Mixed Greens Salad Mashed Potatoes
 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
 Banana Diced Peaches

Circle up to 2

Banana Yogurt Parfait with Berries
 Apple Slices Vanilla Yogurt

Circle up to 1 Dessert

Chocolate Chip Cookie Vanilla Pudding

Circle up to 1 Dessert

Chocolate Brownie Lemon Italian Ice

Beverages (limit 3 drinks per meal)

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

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 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

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

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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