

Patient Name: \_\_\_\_\_ Unit : \_\_\_\_\_

# Breakfast Tomorrow

# Lunch Tomorrow

# Dinner Tomorrow

**Circle up to 2 Entrees**

Scrambled Eggs  
Ham, Egg, Cheese Biscuit Sandwich  
Two Pancakes with Syrup

**Circle up to 1 Entree**

Roast Beef on Wheat (toppings below)  
Grilled Chicken Sandwich (toppings below)  
Veggie Burger (toppings below)

**Circle up to 1 Entree**

Cheese Pizza  
Grilled Ham and Cheese  
Tenderloin Sandwich (toppings below)

**Circle up to 3 Sides**

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

**Circle up to 3 Sides**

Coleslaw  
French Fries  
Mixed Vegetables  
Macaroni and Cheese  
Diced Peaches  
Pasta Salad  
Potato Chips  
Applesauce

**Circle up to 3 Sides**

Chicken Noodle Soup  
Dinner Roll  
Mashed Potatoes  
Mixed Greens Salad  
Diced Pears  
Chicken Wild Rice Soup  
Rice  
Green Beans  
-Ranch  
-Balsamic dressing  
-Fat Free Ranch  
-French  
Fresh Fruit

**Circle up to 2**

Banana  
Apple Slices  
Yogurt Parfait with Berries  
Strawberry Chobani Yogurt

**Circle up to 1 Dessert**

Chocolate Brownie  
Orange Italian Ice

**Circle up to 1 Dessert**

Vanilla Pudding  
Sugar Cookie

**Beverages** (limit 3 drinks per meal)

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

**Beverages** (limit 3 drinks per meal)

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

**Beverages** (limit 3 drinks per meal)

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

**Condiments** (circle all needed for meal)

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

**Condiments** (circle all needed for meal)

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

**Sandwich Toppings:**

Lettuce  
Tomato  
Onion  
Pickle

**Condiments** (circle all needed for meal)

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

**Sandwich Toppings:**

Lettuce  
Tomato  
Onion  
Pickle