

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
 Bacon, Egg, and Cheese Muffin 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
Grapes	Strawberry Chobani Yogurt

Beverages (limit 3 drinks per meal)

Orange Juice	Apple Juice	Prune Juice
Skim Milk	1% Milk	Chocolate Milk
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

Veggie Burger (toppings below)
 Ham Sandwich on Wheat (toppings below)
 Tuna Noodle Casserole

Circle up to 3 Sides

Cottage Cheese	Pasta Salad
Buttered Egg Noodles	Potato Chips
Green Beans	Fresh Fruit
Baby Carrots	
Ranch Dressing	Applesauce

Circle up to 1 Dessert

Chocolate Chip Cookie	Vanilla Pudding
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Beverages (limit 3 drinks per meal)

Skim Milk	1% Milk	Chocolate Milk
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

Pot Roast with Gravy
 Open Face Turkey Sandwich
 Grilled Cheese Sandwich

Circle up to 3 Sides

Tomato Soup	Beef Stew	
Dinner Roll	Rice	
Mashed Potatoes	French Fries	
Mixed Vegetables		
Mixed Greens Salad		
	-Ranch	-Fat Free Ranch
	-Balsamic dressing	-French
Sliced Peaches	Banana	

Circle up to 1 Dessert

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

Skim Milk	1% Milk	Chocolate Milk
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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Tuesday Meal Selections

(Week A Day 3)