

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese English 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
Diced Peaches Yogurt Parfait with Berries

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

BBQ Pork Sandwich on Bun
Tuna Salad Sandwich on Wheat (toppings below)
Hamburger (toppings below)

Circle up to 3 Sides

Cottage Cheese	Pasta Salad
French Fries	Popcorn
Potato Chips	
Mixed Greens Salad	
	-Ranch -Fat Free Ranch
	-Balsamic dressing -French
Apples Slices	Fresh Fruit

Circle up to 1 Dessert

Sugar Cookie Chocolate Brownie

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

Dinner Tomorrow

Circle up to 1 Entree

Meat Lasagna
Cheese Pizza
Marinated Chicken Breast

Circle up to 3 Sides

Tomato Soup	Chicken Tortilla Soup
Dinner Roll	
Mashed Potatoes	Rice
Green Beans	Diced Peaches
Baby Carrots	Diced Pears
	-Ranch

Circle up to 1 Dessert

Vanilla Pudding Chocolate Chip Cookie

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

Thursday Meal Selections

(Week A Day 5)