

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

 Bacon
Blueberry Lemon Bread
Banana Bread White Toast
 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
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 Nutella Syrup
Ketchup Hot Sauce Sugar Free Syrup
Salt Free Seasoning

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
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 Hot Sauce Nutella
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 Rice
Mashed Potatoes Green Beans Diced Peaches
 -Ranch Diced Pears

Circle up to 1 Dessert

Vanilla Pudding Chocolate Chip Cookie

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 Hot Sauce Nutella
Tartar Sauce

Sandwich Toppings:

Lettuce Tomato Onion Pickles

Thursday Meal Selections

(Week A Day 5)