

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

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

Circle up to 3 Sides

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

Circle up to 2

Banana Yogurt Parfait with Berries
Apple Slices Strawberry Chobani Yogurt

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

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 Sugar Free Syrup
Hot Sauce Nutella

Lunch Tomorrow

Circle up to 1 Entree

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

Circle up to 3 Sides

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

Circle up to 1 Dessert

Chocolate Brownie Orange Italian Ice

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 Tartar Sauce
 Hot Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickles

Dinner Tomorrow

Circle up to 1 Entree

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

Circle up to 3 Sides

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

Circle up to 1 Dessert

Vanilla Pudding Sugar 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 Tartar Sauce Hot Sauce
Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Saturday Meal Selections

(Week B Day 7)