

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Biscuits and Gravy  
Two French Toast with syrup

### Circle up to 3 Sides

Oatmeal	Fruit Loops
Cheerios	Raisin Bran
Hashbrown Patty	
Turkey Sausage Link	Bacon
Cinnamon Coffee Cake	White Toast
Banana Bread	Wheat Toast

### Circle up to 2

Banana	Vanilla Yogurt
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	

## Lunch Tomorrow

### Circle up to 1 Entree

Grilled Cheese  
Turkey and Cheddar on Wheat (toppings below)  
Potato Crusted Cod on Bun

### Circle up to 3 Sides

Cottage Cheese	Coleslaw
French Fries	Potato Chips
Green Beans	
Mixed Greens Salad	
	-Ranch                      -Fat Free Ranch
	-Balsamic dressing      -French
Applesauce	Mandarin Oranges

### Circle up to 1 Dessert

New York Cheesecake	Orange Jello
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### 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	

### Sandwich Toppings:

Lettuce	Tomato	Onion	Pickle
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## Dinner Tomorrow

### Circle up to 1 Entree

Open Face Turkey Sandwich  
Hummus on Wheat Bread (toppings below)  
Pepperoni pizza

### Circle up to 3 Sides

Chili	Broccoli Cheese Soup
Dinner Roll	Rice
Mashed Potatoes	
Mixed Vegetables	
Mixed Greens Salad	
	-Ranch                      -Fat Free Ranch
	-Balsamic dressing      -French
Fresh Fruit	Apple Slices

### Circle up to 1 Dessert

Chocolate Brownie	Orange Italian Ice
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### 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	

### Sandwich Toppings:

Lettuce	Tomato	Onion	Pickle
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Friday Meal Selections

(Week A Day 6)