

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Hard Boiled Eggs x 2  
Two Pancakes with Syrup

### Circle up to 3 Sides

Oatmeal                      Fruit Loops  
Cheerios                      Raisin Bran  
Hashbrown Patty              Bacon  
Pork Sausage Link  
Banana Bread                      White Toast  
    Wheat Toast

### Circle up to 2

Banana                      Yogurt Parfait with Berries  
Apple Slices                      Vanilla 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  
Nutella                      Hot Sauce

## Lunch Tomorrow

### Circle up to 1 Entree

Tuna Noodle Casserole  
Ham on Wheat (toppings below)  
Grilled Cheese

### Circle up to 3 Sides

Tomato Soup                      Pasta Salad  
Cottage Cheese                      Baked Potato Chips  
Mixed Vegetables  
Mixed Greens Salad  
    -Ranch                      -Fat Free Ranch  
    -Balsamic dressing                      -French  
Applesauce                      Mandarin Oranges

### Circle up to 1 Dessert

Chocolate Chip Cookie                      Vanilla Pudding

### 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

## Dinner Tomorrow

### Circle up to 1 Entree

Hamburger (toppings below)  
Cheese Pizza  
Baked Tilapia (tartar sauce)

### Circle up to 3 Sides

Chicken Noodle Soup                      Beef Stew  
Dinner Roll                      French Fries  
Green Beans                      Rice  
Mixed Greens Salad                      Mashed Potatoes  
    -Ranch                      -Fat Free Ranch  
    -Balsamic dressing                      -French  
Banana                      Diced Peaches

### Circle up to 1 Dessert

Chocolate Brownie                      Lemon 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:**                      Soy Sauce

Lettuce                      Tomato                      Onion                      Lettuce

**Tuesday Meal Selections**

**(Week B Day 3)**