

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese Biscuit Sandwich
Sausage Biscuits and Gravy

Circle up to 3 Sides

Cream of Wheat Fruit Loops
Cheerios Raisin Bran
Hashbrown Patty Bacon
Cinnamon Coffee Cake
Banana Bread White Toast
Wheat Toast

Circle up to 2

Banana Vanilla Yogurt
Apple Slices Strawberry Chobani Yogurt

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 Salt Free Seasoning
Ketchup Syrup Sugar Free Syrup
Nutella Hot Sauce

Lunch Tomorrow

Circle up to 1 Entrée

Hummus on Wheat (toppings below)
Meat Lasagna
Grilled Chicken Sandwich (toppings below)

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 Fresh Fruit

Circle up to 1 Dessert

Chocolate Brownie 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 Pickles

Dinner Tomorrow

Circle up to 1 Entrée

Marinated Chicken
Cheeseburger (Toppings Below)
Impossible Burger (Toppings Below)

Circle up to 3 Sides

Chili Broccoli Cheese Soup
Dinner Roll Rice
Mashed Potatoes French Fries
Mixed Vegetables
Mixed Greens Salad
-Ranch -Fat Free Ranch
-Balsamic dressing -French
Diced Pears Diced Peaches

Circle up to 1 Dessert

Chocolate Chip Cookie 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
Soy Sauce Hot Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickles

Friday Meal Selections

(Week B Day 6)