

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  
Pork Sausage Link  
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                      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                      Tartar Sauce                      Hot Sauce  
Nutella                      Soy Sauce

### Sandwich Toppings:

Lettuce                      Tomato                      Onion                      Pickle

**Saturday Meal Selections**

**(Week B Day 7)**