

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
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
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	Chicken Wild Rice 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
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)