

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Egg and Cheese English Muffin Sandwich  
Two Breakfast Tacos (Taco Sauce)

### Circle up to 3 Sides

Cream of Wheat	Fruit Loops
Cheerios	Raisin Bran
Hashbrown Patty	
Turkey Sausage Link	Bacon
Blueberry Lemon Bread	White Toast
Banana Bread	Wheat Toast

### Circle up to 2

Banana	Vanilla Yogurt
Fresh Fruit	Berry Yogurt Parfait

### Beverages (limit 3 drinks per meal)

Orange Juice	Apple Juice	Prune 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

Chicken Salad on Wheat (toppings below)  
Cheese Pizza  
Cheeseburger (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
Apple Slices	Peaches

### Circle up to 1 Dessert

Chocolate Chip Cookie	Vanilla Pudding
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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

Grilled Chicken Sandwich (toppings below)  
Pot Roast with Gravy  
Baked Tilapia (Tartar Sauce)

### Circle up to 3 Sides

Tomato Soup	Chicken Wild Rice Soup
Dinner Roll	Rice
Mashed Potatoes	
Mixed Vegetables	
Mixed Greens Salad	
	-Ranch                      -Fat Free Ranch
	-Balsamic dressing      -French
Applesauce	Fresh Fruit

### Circle up to 1 Dessert

Rice Krispie Treat	Chocolate Pudding
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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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**Saturday Meal Selections**

**(Week A Day 7)**