

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Lunch Tomorrow

Dinner Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Ham, Egg, Cheese Biscuit Sandwich
Two Pancakes with Syrup

Circle up to 1 Entree

Roast Beef on Wheat (toppings below)
Grilled Chicken Sandwich (toppings below)
Veggie Burger (toppings below)

Circle up to 1 Entree

Cheese Pizza
Grilled Ham and Cheese
Tenderloin Sandwich (toppings below)

Circle up to 3 Sides

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

Circle up to 3 Sides

Coleslaw
French Fries
Mixed Vegetables
Macaroni and Cheese
Diced Peaches
Pasta Salad
Potato Chips
Applesauce

Circle up to 3 Sides

Chicken Noodle Soup
Dinner Roll
Mashed Potatoes
Mixed Greens Salad
Diced Pears
Chicken Wild Rice Soup
Rice
Green Beans
-Ranch
-Balsamic dressing
-Fat Free Ranch
-French
Fresh Fruit

Circle up to 2

Banana
Apple Slices
Yogurt Parfait with Berries
Strawberry Chobani Yogurt

Circle up to 1 Dessert

Chocolate Brownie
Orange Italian Ice

Circle up to 1 Dessert

Vanilla Pudding
Sugar Cookie

Beverages (limit 3 drinks per meal)

Orange Juice
Skim Milk
Hot Tea
Apple Juice
1% Milk
Iced Tea
Cranberry Juice
Chocolate Milk

Beverages (limit 3 drinks per meal)

Skim Milk
Hot Tea
1% Milk
Iced Tea
Chocolate Milk

Beverages (limit 3 drinks per meal)

Skim Milk
Hot Tea
1% Milk
Iced Tea
Chocolate Milk

Condiments (circle all needed for meal)

Sugar
Butter
Jelly
Salt
Ketchup
Splenda
Margarine
Sugar Free Jelly
Pepper
Creamer
Peanut Butter
Brown Sugar
Salt Free Seasoning
Syrup

Condiments (circle all needed for meal)

Sugar
Butter
Jelly
Salt Free Seasoning
Ketchup
Splenda
Margarine
Sugar Free Jelly
BBQ Sauce
Tartar Sauce
Creamer
Peanut Butter
Salt
Pepper
Mayo
Mustard

Condiments (circle all needed for meal)

Sugar
Butter
Jelly
Salt Free Seasoning
Ketchup
Splenda
Margarine
Sugar Free Jelly
BBQ Sauce
Tartar Sauce
Creamer
Peanut Butter
Salt
Pepper
Mayo
Mustard

Sandwich Toppings:

Lettuce
Tomato
Onion
Pickle

Sandwich Toppings:

Lettuce
Tomato
Onion
Pickle