

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  
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  
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  
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              Pickle

**Saturday Meal Selections**

**(Week B Day 7)**