

Patient Name: _____

Unit : _____

Breakfast Tomorrow

Lunch Tomorrow

Dinner Tomorrow

Circle up to 2 Entrees

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

Circle up to 1 Entree

Chicken Salad on Wheat (toppings below)
Cheese Pizza
Cheeseburger (toppings below)

Circle up to 1 Entree

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

Circle up to 3 Sides

Cream of Wheat Fruit Loops
Cheerios Raisin Bran

Hashbrown Patty
Pork Sausage Link Bacon
Cinnamon Coffee Cake
Banana Bread
Toast: White or Wheat

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 Diced Pineapple

Circle up to 3 Sides

Tomato Soup Chicken Wild Rice Soup
French Fries Steamed Rice
Mashed Potatoes (Beef or Chicken Gravy)
Mixed Vegetables Green Beans
Mixed Greens Salad
 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Applesauce Diced Peaches

Circle up to 2

Banana Vanilla Yogurt
Fresh Fruit Berry Yogurt Parfait

Circle up to 1 Dessert

Chocolate Chip Cookie Vanilla Pudding

Circle up to 1 Dessert

Rice Krispie Treat Chocolate Pudding

Beverages (limit 3 drinks per meal)

Orange Juice Apple Juice Prune Juice

Skim Milk 1% Milk Chocolate Milk

Hot Tea Iced Tea

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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 Crackers
Hot Sauce Soy Sauce Nutella
Sandwich Toppings:
Lettuce Tomato Onion Pickle

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Jelly Sugar Free Jelly Salt Pepper
Salt Free Seasoning Mayo Mustard
Ketchup BBQ Sauce Crackers
Hot Sauce Soy Sauce Nutella
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