

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese Sandwich
Two Pancakes with syrup

Circle up to 3 Sides

Cream of Wheat	Fruit Loops
Cheerios	Raisin Bran
Hashbrown Patty	
Pork Sausage Link	Bacon
Blueberry Crumb Muffin	White Toast
Banana Bread	Wheat Toast

Circle up to 2

Banana	Vanilla Yogurt
Diced Peaches	Yogurt Parfait with Berries

Beverages (limit 3 drinks per meal)

Orange Juice	Apple Juice	Prune Juice
Skim Milk	1% Milk	Chocolate Milk
Decaf 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

Lunch Tomorrow

Circle up to 1 Entree

Grilled Ham and Cheese on Wheat Bread
Tuna Salad Sandwich on Wheat (toppings below)
Roast Turkey Breast*

Circle up to 3 Sides

Corn	Green Beans
Mixed Vegetables	Dinner Roll
Mashed Potatoes & Gravy (Chicken or Beef)	
Mixed Greens Salad	
Dressings:	-Ranch -Fat Free Ranch
	-Balsamic dressing -French
Apples Slices	Grapes

Circle up to 1 Dessert

Pumpkin Pie*	Apple pie*
Pudding: Vanilla or Chocolate	

Beverages (limit 3 drinks per meal)

Skim Milk	1% Milk	Chocolate Milk
Decaf 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

Hamburger (toppings below)
Cheese Pizza
Italian Chicken Parmesan

Circle up to 3 Sides

Tomato Soup	Chicken Noodle Soup
Green Beans	Rice
Mashed Potatoes	French Fries
-Chicken or Beef Gravy	
Mixed Greens Salad	
Dressings:	-Ranch -Fat Free Ranch
	-Balsamic dressing -French
Apple Slices	Grapes

Circle up to 1 Dessert

New York Cheesecake	Choc. Chip Cookie
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Beverages (limit 3 drinks per meal)

Skim Milk	1% Milk	Chocolate Milk
Decaf 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	Parmesan Cheese

Sandwich Toppings:

Lettuce	Tomato	Onion	Pickle
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Thanksgiving items only available for lunch