

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  
Peach Slices      Yogurt Parfait with Berries

### Beverages (limit 3 drinks per meal)

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

## 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

<b>Corn*</b>	<b>Green Beans*</b>
<b>Mixed Vegetables*</b>	<b>Dinner Roll*</b>
<b>Mashed Potatoes &amp; Gravy*</b>	
Mixed Greens Salad	
-Ranch	-Fat Free Ranch
-Balsamic dressing	-French
Apples Slices	Grapes

### Circle up to 1 Dessert

**Cherries in a cloud\***                  **Pumpkin Pie\***  
**Apple pie\***

### Beverages (limit 3 drinks per meal)

Skim Milk      1% Milk      Chocolate Milk  
Coffee    Decaf Coffee    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

## Dinner Tomorrow

### Circle up to 1 Entree

Hamburger (toppings below)  
Cheese Pizza  
Marinated Chicken Breast

### Circle up to 3 Sides

Tomato Soup	Beef Stew
Dinner Roll	Rice
Mashed Potatoes	French Fries
Green Beans	
Mixed Greens Salad	
-Ranch	-Fat Free Ranch
-Balsamic dressing	-French
Apple Slices	Diced Peaches

### Circle up to 1 Dessert

Vanilla Pudding      Chocolate Chip Cookie

### Beverages (limit 3 drinks per meal)

Skim Milk      1% Milk      Chocolate Milk  
Coffee    Decaf Coffee    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

**\*Thanksgiving items only available for lunch\***