

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
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

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
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
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

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 Parmesan Cheese

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Thanksgiving items only available for lunch