

Patient Name: \_\_\_\_\_ Unit : \_\_\_\_\_

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
 Bacon, Egg, and Cheese Muffin 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
Grapes	Strawberry Chobani Yogurt

### 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
Ketchup	Syrup	

## Lunch Tomorrow

### Circle up to 1 Entree

Veggie Burger (toppings below)  
 Ham Sandwich on Wheat (toppings below)  
 Tuna Noodle Casserole

### Circle up to 3 Sides

Cottage Cheese	Pasta Salad
Buttered Egg Noodles	Potato Chips
Green Beans	
Baby Carrots	Ranch Dressing
Applesauce	Fresh Fruit

### Circle up to 1 Dessert

Chocolate Chip Cookie    Vanilla Pudding

### 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

Pot Roast with Gravy  
 Open Face Turkey Sandwich  
 Grilled Cheese Sandwich

### Circle up to 3 Sides

Tomato Soup	Broccoli Cheese Soup
Dinner Roll	Rice
Mashed Potatoes	French Fries
Mixed Vegetables	
Mixed Greens Salad	
	-Ranch                      -Fat Free Ranch
	-Balsamic dressing      -French
Sliced Peaches	Banana

### Circle up to 1 Dessert

Chocolate Brownie    Lemon Italian Ice

### 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

Tuesday Meal Selections

(Week A Day 3)