

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
 Hard Boiled Eggs x 2
 Two French Toast with syrup

Circle up to 3 Sides

Oatmeal	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
Apple Slices	Blueberry Chobani Yogurt

Beverages (limit 3 drinks per meal)

Orange Juice	Apple Juice	Cranberry 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

Hummus on Wheat Bread (toppings below)
 Pepperoni Pizza
 2 Softshell Tacos (shred lettuce, cheese)
 Taco Sauce Sour Cream

Circle up to 3 Sides

Cottage Cheese	Pasta Salad
Steamed Rice	Potato Chips
Mixed Vegetables	
Peaches	Apple Slices

Circle up to 1 Dessert

Chocolate Chip Cookie	Orange 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
---------	--------	-------	--------

Dinner Tomorrow

Circle up to 1 Entree

Chicken Tenders (2)
 Meatloaf
 Baked Tilapia (Tartar Sauce)

Circle up to 3 Sides

Chicken Noodle Soup	White Chicken Chili
Dinner Roll	Rice
Mashed Potatoes	
Green Beans	
Mixed Greens Salad	
	-Ranch -Fat Free Ranch
	-Balsamic dressing -French
Mandarin Oranges	Applesauce

Circle up to 1 Dessert

Chocolate Pudding	New York Cheesecake
-------------------	---------------------

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
---------	--------	-------	--------