

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
Ketchup	Syrup	

## Lunch Tomorrow

### Circle up to 1 Entree

Grilled Ham and Cheese on Wheat Bread  
Tuna Salad Sandwich on Wheat (toppings below)  
Hamburger (toppings below)

### Circle up to 3 Sides

Cottage Cheese	Pasta Salad
French Fries	Popcorn
Potato Chips	
Mixed Greens Salad	
	-Ranch                  -Fat Free Ranch
	-Balsamic dressing      -French
Apples Slices	Fresh Fruit

### Circle up to 1 Dessert

Sugar Cookie                  Chocolate Brownie

### 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

Meat Lasagna  
Cheese Pizza  
Marinated Chicken Breast

### Circle up to 3 Sides

Tomato Soup	Butternut Squash Soup
Dinner Roll	Rice
Mashed Potatoes	
Green Beans	
Baby Carrots	Ranch Dressing
Apple Slices	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

Thursday Meal Selections

(Week A Day 5)