

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese Biscuit Sandwich
Two Pancakes with syrup

Circle up to 3 Sides

Oatmeal	Fruit Loops
Cheerios	Raisin Bran
Hashbrown Patty	Bacon
Pork Sausage Link	
Blueberry Crumb Muffin	White Toast
Banana Bread	Wheat Toast

Circle up to 2

Banana	Vanilla Yogurt
Apple Slices	Strawberry 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

Grilled Cheese Sandwich
Impossible™ Burger (toppings below)
Roast Beef on Wheat (toppings below)

Circle up to 3 Sides

Chili	Pasta Salad	
French Fries	Regular Chips	
Green Beans	Cottage Cheese	
Mixed Greens Salad		
	-Ranch	-Fat Free Ranch
	-Balsamic dressing	-French
Fresh Fruit	Applesauce	

Circle up to 1 Dessert

Chocolate Brownie	Rice Krispie Bar
-------------------	------------------

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

Marinated Chicken
Open Face Meatloaf Sandwich
Cheese pizza

Circle up to 3 Sides

Coleslaw	Baked Potato Soup	
Dinner Roll	Rice	
Mashed Potatoes		
Mixed Vegetables		
Mixed Greens Salad		
	-Ranch	-Fat Free Ranch
	-Balsamic dressing	-French
Sliced Peaches	Mandarin Oranges	

Circle up to 1 Dessert

Sugar 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
---------	--------	-------	--------