

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg, Ham, and Cheese Biscuit Sandwich
2 French Toast pieces 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	Yogurt Parfait with Berries
Apple Slices	Chobani Strawberry 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 Chicken Sandwich (toppings below)
Tuna Salad on Wheat (toppings below)
Shephard's Pie

Circle up to 3 Sides

Cottage Cheese	Pasta Salad	
French Fries	Skinny Pop Popcorn	
Green Beans		
Mixed Greens Salad		
	-Ranch	-Fat Free Ranch
	-Balsamic dressing	-French
Mandarin Oranges	Apple Slices	

Circle up to 1 Dessert

Chocolate Chip Cookie	Lemon Italian Ice
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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
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Dinner Tomorrow

Circle up to 1 Entree

Pot Roast with Gravy
Cheese Pizza
Open Face Turkey Sandwich

Circle up to 3 Sides

Chicken Noodle Soup	Butternut Squash Soup
Dinner Roll	Rice
Mashed Potatoes	
Mixed Vegetables	
Baby Carrots	Ranch Dressing
Banana	Sliced Peaches

Circle up to 1 Dessert

Chocolate Ice Cream	New York Cheesecake
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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
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