

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

Cream of Wheat Fruit Loops
Cheerios Raisin Bran

Hashbrown Patty
Blueberry Lemon Bread Bacon
Banana Bread White Toast
Wheat Toast

Circle up to 2

Banana Vanilla Yogurt
Apple Slices 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 Sugar Free Syrup

Hot Sauce Nutella

Lunch Tomorrow

Circle up to 1 Entree

Cheese Pizza
Deli Turkey Sandwich on Wheat (toppings below)
Hamburger (toppings below)

Circle up to 3 Sides

Cottage Cheese Pasta Salad
French Fries Potato Chips
Mixed Vegetables
Mixed Greens Salad

-Ranch -Fat Free Ranch
-Balsamic dressing -French
Applesauce Banana

Circle up to 1 Dessert

Chocolate Chip Cookie 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
Hot Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Dinner Tomorrow

Circle up to 1 Entree

Impossible™ Burger (toppings below)
Enchilada Casserole (sour cream, pico de gallo)
Tilapia (Tartar Sauce)

Circle up to 3 Sides

Tomato Soup Baked Potato Soup
Dinner Roll Rice
Mashed Potatoes Mixed Vegetables
Green Beans
Mixed Greens Salad

-Ranch -Fat Free Ranch
-Balsamic dressing -French
Sliced Peaches Sliced Apples

Circle up to 1 Dessert

Chocolate Brownie Sugar 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

Hot Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Sunday Meal Selections

(Week A Day 1)