

Patient Name: \_\_\_\_\_ Unit : \_\_\_\_\_

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Egg and Cheese Biscuit Sandwich  
Two French Toast with syrup

### Circle up to 3 Sides

Oatmeal                      Fruit Loops  
Cheerios                      Raisin Bran  
  
Hashbrown Patty  
  
Cinnamon Coffee                      Bacon  
Cake Banana Bread                      White Toast  
   Wheat Toast

### Circle up to 2

Banana                      Vanilla Yogurt  
Sliced Peaches                      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  
Ketchup   Sugar Free Syrup   Nutella  
Pepper   Salt Free Seasoning  
Syrup   Hot Sauce

## Lunch Tomorrow

### Circle up to 1 Entree

Grilled Chicken Sandwich (toppings below)  
Roast Beef Sandwich on Wheat (toppings below)  
Grilled Cheese Sandwich

### Circle up to 3 Sides

Cottage Cheese                      Pasta Salad  
Chicken Noodle Soup                      Potato Chips  
Green Beans  
Mixed Greens Salad  
   -Ranch                      -Fat Free Ranch  
   -Balsamic dressing                      -French  
Peaches                      Mandarin Oranges

### Circle up to 1 Dessert

Rice Krispie Bar                      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   Hot Sauce   Nutella

### Sandwich Toppings:

Lettuce   Tomato   Onion   Pickle

## Dinner Tomorrow

### Circle up to 1 Entree

Supreme Pizza  
Marinated Chicken Breast  
Cheeseburger (toppings below)

### Circle up to 3 Sides

Chili                      Vegetable Soup  
Dinner Roll                      Rice  
Mashed Potatoes                      Green Beans  
Mixed Vegetables  
Mixed Greens Salad  
   -Ranch                      -Fat Free Ranch  
   -Balsamic dressing                      -French  
Fresh Fruit                      Apple Slices

### Circle up to 1 Dessert

New York Cheesecake                      Chocolate Pudding

### 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   Hot Sauce   Nutella

### Sandwich Toppings:

Lettuce   Tomato   Onion   Pickle

**Monday Meal Selections**

**(Week A Day 2)**