

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Bacon, Egg, and Cheese Muffin 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
Grapes 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 Sugar Free Syrup Nutella
Ketchup Hot Sauce Pepper
Salt Free Seasoning Syrup

Lunch Tomorrow

Circle up to 1 Entree

Veggie Burger (toppings below)
Ham Sandwich on Wheat (toppings below)
Tuna Noodle Casserole

Circle up to 3 Sides

Cottage Cheese Pasta Salad
Buttered Egg Potato Chips
Noodles Green
Beans Fresh Fruit
Baby Carrots Applesauce

Ranch Dressing

Circle up to 1 Dessert

Chocolate Chip Cookie Vanilla 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
Tarter Sauce
Sandwich Toppings:
Lettuce Tomato Onion Pickle

Dinner Tomorrow

Circle up to 1 Entree

Pot Roast with Gravy
Open Face Turkey Sandwich
Grilled Cheese Sandwich

Circle up to 3 Sides

Tomato Soup Beef Stew
Dinner Roll Rice
Mashed Potatoes French Fries
Mixed Vegetables
Mixed Greens Salad
 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Sliced Peaches Banana

Circle up to 1 Dessert

Chocolate Brownie 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 Hot Sauce Nutella
Tarter Sauce
Sandwich Toppings:
Lettuce Tomato Onion Pickles

Tuesday Meal Selections

(Week A Day 3)