

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Hard Boiled Eggs x 2  
Two French Toast with syrup

### Circle up to 3 Sides

Oatmeal	Fruit Loops
Cheerios	Raisin Bran
Hashbrown Patty	Bacon
Cinnamon Coffee	White Toast
Cake 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	Nutella	Sugar Free Syrup
Ketchup	Hot Sauce	Pepper
Salt Free Seasoning	Syrup	

## Lunch Tomorrow

### Circle up to 1 Entree

Hummus on Wheat Bread (toppings below)  
Pepperoni Pizza  
2 Softshell Tacos (shred lettuce, cheese)  
Taco Sauce                      Sour Cream

### Circle up to 3 Sides

Cottage Cheese	Pasta Salad
Steamed Rice	Potato Chips
Mixed Vegetables	
Peaches	Apple Slices

### Circle up to 1 Dessert

Chocolate Chip 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      Hot Sauce      Nutella  
*Tartar Sauce*

### Sandwich Toppings:

Lettuce      Tomato      Onion      Pickle

## Dinner Tomorrow

### Circle up to 1 Entree

Chicken Tenders (2)  
Meatloaf  
Baked Tilapia (Tartar Sauce)

### Circle up to 3 Sides

Chicken Noodle Soup	White Chicken Chili
Dinner Roll	Rice
Mashed Potatoes	
Green Beans	
Mixed Greens Salad	
-Ranch	-Fat Free Ranch
-Balsamic dressing	-French
Mandarin Oranges	Applesauce

### Circle up to 1 Dessert

Chocolate Pudding      New York Cheesecake

### 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  
*Tartar Sauce*

### Sandwich Toppings:

Lettuce      Tomato      Onions      Pickles

## Wednesday Meal Selections

(Week A Day 4)