

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese English Muffin Sandwich
Two Breakfast Tacos (Taco Sauce)

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
Fresh Fruit Berry Yogurt Parfait

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 Nutella Syrup
Ketchup Hot Sauce Sugar Free Syrup
Salt Free Seasoning

Lunch Tomorrow

Circle up to 1 Entree

Chicken Salad on Wheat (toppings below)
Cheese Pizza
Cheeseburger (toppings below)

Circle up to 3 Sides

Cottage Cheese Coleslaw
French Fries Potato Chips
Green Beans
Mixed Greens Salad

 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Apple Slices Peaches

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
Tartar Sauce

Sandwich Toppings:

Lettuce Tomato Onion Pickles

Dinner Tomorrow

Circle up to 1 Entree

Grilled Chicken Sandwich (toppings below)
Pot Roast with Gravy
Baked Tilapia (Tartar Sauce)

Circle up to 3 Sides

Tomato Soup Chicken Wild Rice Soup
Dinner Roll Rice
Mashed Potatoes
Mixed Vegetables
Mixed Greens Salad

 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Applesauce Fresh Fruit

Circle up to 1 Dessert

Rice Krispie Treat 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
Tartar Sauce

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Saturday Meal Selections

(Week A Day 7)