

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Hard Boiled Eggs x 2
Two Pancakes with Syrup

Circle up to 3 Sides

Oatmeal Fruit Loops
Cheerios Raisin Bran
Hashbrown Patty Bacon
Blueberry Lemon Bread
Banana Bread White Toast
 Wheat Toast

Circle up to 2

Banana Yogurt Parfait with Berries
Apple Slices Vanilla 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 Pepper Salt Free Seasoning
Ketchup Syrup Sugar Free Syrup
Nutella Hot Sauce

Lunch Tomorrow

Circle up to 1 Entree

Tuna Noodle Casserole
Ham on Wheat (toppings below)
Grilled Cheese

Circle up to 3 Sides

Tomato Soup Pasta Salad
Cottage Cheese Baked Potato Chips
Mixed Vegetables
Mixed Greens Salad
 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Applesauce Mandarin Oranges

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 Tartar Sauce
 Hot Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Dinner Tomorrow

Circle up to 1 Entree

Hamburger (toppings below)
Cheese Pizza
Baked Tilapia (tartar sauce)

Circle up to 3 Sides

Chicken Noodle Soup Beef Stew
Dinner Roll French Fries
Green Beans Rice
Mixed Greens Salad Mashed Potatoes
 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Banana Diced Peaches

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 Tartar Sauce
 Hot Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Lettuce

Tuesday Meal Selections

(Week B Day 3)