

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

## Breakfast Tomorrow

## Lunch Tomorrow

## Dinner Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Egg, Ham, and Cheese Biscuit Sandwich  
2 French Toast pieces with Syrup

### Circle up to 1 Entree

BBQ Pork Sandwich  
Tuna Salad on Wheat (toppings below)  
Cheese Pizza

### Circle up to 1 Entree

Pot Roast with Gravy  
Hamburger (toppings below)  
Open Face Turkey Sandwich

### 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 3 Sides

Cottage Cheese              Pasta Salad  
French Fries                  Skinny Pop Popcorn  
Green Beans  
Mixed Greens Salad  
   -Ranch                      -Fat Free Ranch  
   -Balsamic dressing      -French  
Mandarin Oranges              Apple Slices

### Circle up to 3 Sides

Chicken Noodle Soup      Chicken Tortilla Soup  
Dinner Roll                      Rice  
Mashed Potatoes  
Mixed Vegetables  
Baby Carrots                  Ranch Dressing  
  
Banana                          Diced Peaches

### Circle up to 2

Banana                      Yogurt Parfait with Berries  
Apple Slices                  Strawberry Chobani Yogurt

### Circle up to 1 Dessert

Chocolate Chip Cookie      Lemon Italian Ice

### Circle up to 1 Dessert

Chocolate Ice Cream      New York Cheesecake

### 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

### Beverages (limit 3 drinks per meal)

Skim Milk      1% Milk      Chocolate Milk  
Coffee    Decaf Coffee    Hot Tea    Iced Tea

### 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              Brown Sugar  
Salt              Pepper              Salt Free Seasoning  
Ketchup    Syrup              Sugar Free Syrup  
Nutella              Hot Sauce

### 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    Pickles

### 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    Pickles

Thursday Meal Selections

(Week B Day 5)