

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Egg and Cheese Biscuit Sandwich  
Sausage Biscuits and Gravy

### Circle up to 3 Sides

Cream of Wheat      Fruit Loops  
Cheerios      Raisin Bran  
Hashbrown Patty      Bacon  
Cinnamon Coffee  
Cake Banana Bread      White Toast  
Wheat Toast

### Circle up to 2

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

## Lunch Tomorrow

### Circle up to 1 Entrée

Hummus on Wheat (toppings below)  
Meat Lasagna  
Grilled Chicken Sandwich (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  
Applesauce      Fresh Fruit

### Circle up to 1 Dessert

Chocolate Brownie      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      Pickles

## Dinner Tomorrow

### Circle up to 1 Entrée

Marinated Chicken  
Cheeseburger (Toppings Below)  
Impossible Burger (Toppings Below)

### Circle up to 3 Sides

Chili      Broccoli Cheese Soup  
Dinner Roll      Rice  
Mashed Potatoes      French Fries  
Mixed Vegetables  
Mixed Greens Salad  
-Ranch      -Fat Free Ranch  
-Balsamic dressing      -French  
Diced Pears      Diced Peaches

### Circle up to 1 Dessert

Chocolate Chip Cookie      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      Pickles

Friday Meal Selections

(Week B Day 6)