

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese Biscuit Sandwich
Two French Toast with syrup

Circle up to 3 Sides

Oatmeal Cheerios	Fruit Loops
Hashbrown Patty	Raisin Bran
Pork Sausage Link	Bacon
Cinnamon Coffee Cake	White Toast
Banana Bread	Wheat Toast

Circle up to 2

Banana	Vanilla Yogurt
Sliced Peaches	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		
Ketchup	Sugar Free Syrup	Nutella
Pepper	Salt Free Seasoning	
Syrup	Hot Sauce	

Lunch Tomorrow

Circle up to 1 Entree

Grilled Chicken Sandwich (toppings below)
Roast Beef Sandwich on Wheat (toppings below)
Grilled Cheese Sandwich

Circle up to 3 Sides

Cottage Cheese	Pasta Salad
Chicken Noodle Soup	Potato Chips
Green Beans	
Mixed Greens Salad	
-Ranch	-Fat Free Ranch
-Balsamic dressing	-French
Peaches	Mandarin Oranges

Circle up to 1 Dessert

Rice Krispie Bar	Chocolate Brownie
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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
Soy Sauce			

Sandwich Toppings:

Lettuce	Tomato	Onion	Pickle
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Dinner Tomorrow

Circle up to 1 Entree

Supreme Pizza
Marinated Chicken Breast
Cheeseburger (toppings below)

Circle up to 3 Sides

Chili	Vegetable Soup
Dinner Roll	Rice
Mashed Potatoes	Green Beans
Mixed Vegetables	
Mixed Greens Salad	
-Ranch	-Fat Free Ranch
-Balsamic dressing	-French
Fresh Fruit	Apple Slices

Circle up to 1 Dessert

New York Cheesecake	Chocolate Pudding
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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
Soy Sauce			

Sandwich Toppings:

Lettuce	Tomato	Onion	Pickle
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Monday Meal Selections

(Week A Day 2)