

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Bacon, Egg, and Cheese Muffin Sandwich  
Two Pancakes with syrup

### Circle up to 3 Sides

Cream of Wheat	Fruit Loops
Cheerios	Raisin Bran
Hashbrown Patty	
	Bacon
Pork Sausage Link	
Banana Bread	White Toast
	Wheat Toast

### Circle up to 2

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

## Lunch Tomorrow

### Circle up to 1 Entree

Veggie Burger (toppings below)  
Ham Sandwich on Wheat (toppings below)  
Tuna Noodle Casserole

### Circle up to 3 Sides

Cottage Cheese	Pasta Salad
Buttered Egg	Potato Chips
Noodles Green	Fresh Fruit
Beans	Applesauce
Baby Carrots	
Ranch Dressing	

### Circle up to 1 Dessert

Chocolate Chip Cookie	Vanilla 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
Tarter Sauce	Soy Sauce		
<b><i>Sandwich Toppings:</i></b>			
Lettuce	Tomato	Onion	Pickle

## Dinner Tomorrow

### Circle up to 1 Entree

Pot Roast with Gravy  
Open Face Turkey Sandwich  
Grilled Cheese Sandwich

### Circle up to 3 Sides

Tomato Soup	Beef Stew	
Dinner Roll	Rice	
Mashed Potatoes	French Fries	
Mixed Vegetables		
Mixed Greens Salad		
	-Ranch	-Fat Free Ranch
	-Balsamic dressing	-French
Sliced Peaches	Banana	

### Circle up to 1 Dessert

Chocolate Brownie	Lemon Italian Ice
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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
Tarter Sauce	Soy Sauce		
<b><i>Sandwich Toppings:</i></b>			
Lettuce	Tomato	Onion	Pickles

**Tuesday Meal Selections**

**(Week A Day 3)**