

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Biscuits and Gravy
Two French Toast with syrup

Circle up to 3 Sides

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

Circle up to 2

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

Lunch Tomorrow

Circle up to 1 Entree

Grilled Cheese
Turkey and Cheddar on Wheat (toppings below)
Potato Crusted Cod on Bun

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	Mandarin Oranges	

Circle up to 1 Dessert

New York Cheesecake	Orange Jello
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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
Tartar Sauce	Soy Sauce		

Sandwich Toppings:

Lettuce	Tomato	Onion	Pickle
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Dinner Tomorrow

Circle up to 1 Entree

Open Face Turkey Sandwich
Hummus on Wheat Bread (toppings below)
Pepperoni pizza

Circle up to 3 Sides

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

Circle up to 1 Dessert

Chocolate Brownie	Orange 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	Soy Sauce
Nutella	Tartar Sauce		

Sandwich Toppings:

Lettuce	Tomato	Onion	Pickles
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Friday Meal Selections

(Week A Day 6)