

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese Biscuit Sandwich
Two Pancakes with syrup

Circle up to 3 Sides

Oatmeal	Fruit Loops
Cheerios	Raisin Bran
Hashbrown Patty	Bacon
Pork Sausage Link	
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	Cranberry Juice
Skim Milk	1% Milk	Chocolate Milk
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 Entree

Grilled Cheese Sandwich
Impossible™ Burger (toppings below)
Roast Beef on Wheat (toppings below)

Circle up to 3 Sides

Chili	Pasta Salad
French Fries	Regular Chips
Green Beans	Cottage Cheese
Mixed Greens Salad	
	-Ranch -Fat Free Ranch
	-Balsamic dressing -French
Fresh Fruit	Applesauce

Circle up to 1 Dessert

Chocolate Brownie	Rice Krispie Bar
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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 Nutella
		Soy Sauce
Jelly	Sugar Free Jelly	Salt Pepper
Salt Free Seasoning		Tartar Sauce
Ketchup	BBQ Sauce	Hot Sauce
Sandwich Toppings:		Mayo Mustard
Lettuce	Tomato	Onion Pickle

Dinner Tomorrow

Circle up to 1 Entree

Marinated Chicken
Open Face Meatloaf Sandwich
Cheese pizza

Circle up to 3 Sides

Coleslaw	Baked Potato Soup
Dinner Roll	Rice
Mashed Potatoes	
Mixed Vegetables	
Mixed Greens Salad	
	-Ranch -Fat Free Ranch
	-Balsamic dressing -French
Sliced Peaches	Mandarin Oranges

Circle up to 1 Dessert

Chocolate Chip Cookie	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	Tartar Sauce Nutella
Soy Sauce		Hot Sauce
Sandwich Toppings:		
Lettuce	Tomato	Onion Pickle

Sunday Meal Selections

(Week B Day 1)