

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees Scrambled

Eggs
Egg and Cheese English Muffin Sandwich
Cinnamon Berry French Toast

Circle up to 3 Sides

Cream of Wheat Fruit Loops
Cheerios Raisin Bran
Hashbrown Patty Bacon
Pork Sausage Link

Cinnamon Coffee White Toast
Cake Banana Bread Wheat Toast

Circle up to 2

Banana Yogurt Parfait with Berries
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 Entree

Supreme Pizza
Hummus on Wheat (toppings below)
Hamburger (toppings listed below)

Circle up to 3 Sides

Cottage Cheese Pasta Salad
French Fries Potato Chips
Mixed Vegetables
Baby Carrots Ranch Dressing

Diced Pears Diced Peaches

Circle up to 1 Dessert

Chocolate Chip Cookie Lemon Italian

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
Margarine Butter Peanut Butter
Jelly Sugar Free Jelly Salt Pepper
Salt Free Seasoning Mayo Mustard
Ketchup BBQ Sauce Tartar Sauce
Hot Sauce Nutella Soy Sauce

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Dinner Tomorrow

Circle up to 1 Entree

Meat Lasagna
Grilled Chicken Sandwich (toppings below)
Open Face Turkey Sandwich

Circle up to 3 Sides

Chili Tomato Soup
Dinner Roll Rice
Mashed Potatoes
Green Beans
Mixed Greens Salad
-Ranch -Fat Free Ranch
-Balsamic dressing -French
Applesauce Fresh Fruit

Circle up to 1 Dessert

Rice Krispie Bar Chocolate 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 Nutella
Jelly Sugar Free Jelly Salt Pepper Soy Sauce
Salt Free Seasoning Mayo Mustard
Ketchup BBQ Sauce Hot Sauce Tartar Sauce

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Monday Meal Selections

(Week B Day 2)