

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

# Breakfast Tomorrow

# Lunch Tomorrow

# Dinner Tomorrow

**Circle up to 2 Entrees**

Scrambled Eggs  
2 Hard Boiled Eggs  
Two Pancakes with Syrup

**Circle up to 1 Entree**

Tater Tot Casserole  
Chicken Salad on Wheat (toppings below)  
Cheese Pizza

**Circle up to 1 Entree**

Meatloaf  
Chicken Strips (2)  
Grilled Cheese

**Circle up to 3 Sides**

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

**Circle up to 3 Sides**

Cottage Cheese  
French Fries  
Mixed Vegetables  
Mixed Greens Salad  
-Ranch  
-Balsamic dressing  
Fresh Fruit  
Pasta Salad  
Potato Chips  
-Fat Free Ranch  
-French  
Diced Pears

**Circle up to 3 Sides**

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

**Circle up to 2**

Banana  
Apple Slices  
Vanilla Yogurt  
Strawberry Chobani Yogurt

**Circle up to 1 Dessert**

Rice Krispie Bar  
Orange Jell-O

**Circle up to 1 Dessert**

Chocolate Brownie  
Vanilla Pudding

**Beverages** (limit 3 drinks per meal)

Orange Juice  
Skim Milk  
Coffee  
Apple Juice  
1% Milk  
Decaf Coffee  
Prune Juice  
Chocolate Milk  
Hot Tea  
Iced Tea

**Beverages** (limit 3 drinks per meal)

Skim Milk  
Coffee  
1% Milk  
Decaf Coffee  
Chocolate Milk  
Hot Tea  
Iced Tea

**Beverages** (limit 3 drinks per meal)

Skim Milk  
Coffee  
1% Milk  
Decaf Coffee  
Chocolate Milk  
Hot Tea  
Iced Tea

**Condiments** (circle all needed for meal)

Sugar  
Butter  
Jelly  
Salt  
Ketchup  
Nutella  
Splenda  
Margarine  
Sugar Free Jelly  
Pepper  
Creamer  
Peanut Butter  
Brown Sugar  
Salt Free Seasoning  
Syrup  
Hot Sauce

**Condiments** (circle all needed for meal)

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

**Sandwich Toppings:**

Lettuce  
Tomato  
Onion  
Pickles

**Condiments** (circle all needed for meal)

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

**Sandwich Toppings:**

Lettuce  
Tomato  
Onion  
Pickles