

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg, Ham, and Cheese Biscuit Sandwich
2 French Toast pieces 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 Yogurt Parfait with Berries
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 Salt Free Seasoning
Ketchup Syrup Sugar Free Syrup
Nutella Hot Sauce

Lunch Tomorrow

Circle up to 1 Entree

BBQ Pork Sandwich
Tuna Salad on Wheat (toppings below)
Cheese Pizza

Circle up to 3 Sides

Cottage Cheese Pasta Salad
French Fries Skinny Pop Popcorn
Green Beans
Mixed Greens Salad
 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Mandarin Oranges Apple Slices

Circle up to 1 Dessert

Chocolate Chip Cookie Lemon Italian Ice

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
 Hot Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickles

Dinner Tomorrow

Circle up to 1 Entree

Pot Roast with Gravy
Hamburger (toppings below)
Open Face Turkey Sandwich

Circle up to 3 Sides

Chicken Noodle Soup Chicken Tortilla Soup
Dinner Roll Rice
Mashed Potatoes
Mixed Vegetables
Baby Carrots Ranch Dressing

Banana Diced Peaches

Circle up to 1 Dessert

Chocolate Ice Cream New York Cheesecake

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
Soy Sauce Hot Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickles

Thursday Meal Selections

(Week B Day 5)