

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Egg and Cheese Biscuit Sandwich  
Two French Toast with syrup

### Circle up to 3 Sides

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

### Circle up to 2

Banana Vanilla Yogurt  
Diced Peaches 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

Grilled Chicken Sandwich (toppings below)  
Roast Beef Sandwich on Wheat (toppings below)  
Grilled Cheese Sandwich

### Circle up to 3 Sides

Cottage Cheese Pasta Salad  
Chicken Noodle Soup Potato Chips  
Green Beans  
Mixed Greens Salad  
-Ranch -Fat Free Ranch  
-Balsamic dressing -French  
Diced Pineapple Mandarin Oranges

### Circle up to 1 Dessert

Rice Krispie Bar Chocolate Brownie

### 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 Soy Sauce

### Sandwich Toppings:

Lettuce Tomato Onion Pickle

## Dinner Tomorrow

### Circle up to 1 Entree

Supreme Pizza  
Chicken Strips (2pc.)  
Cheeseburger (toppings below)

### Circle up to 3 Sides

Chili Vegetable Soup  
Dinner Roll French Fries  
Mashed Potatoes (Beef or Chicken Gravy)  
Mixed Vegetables Green Beans  
Mixed Greens Salad  
-Ranch -Fat Free Ranch  
-Balsamic dressing -French  
Diced Pears Apple Slices

### Circle up to 1 Dessert

New York Cheesecake 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  
Jelly Sugar Free Jelly Salt Pepper  
Salt Free Seasoning Mayo Mustard  
Ketchup BBQ Sauce Nutella  
Hot Sauce Soy Sauce Crackers

### Sandwich Toppings:

Lettuce Tomato Onion Pickle

Monday Meal Selections

(Week A Day 2)