

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Bacon, Egg, and Cheese Muffin Sandwich
Two Pancakes with syrup

Circle up to 3 Sides

Cream of Wheat 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
Grapes 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
Hot Sauce Nutella

Lunch Tomorrow

Circle up to 1 Entree

Veggie Burger (toppings below)
Deli Ham Sandwich on Wheat (toppings below)
Tuna Noodle Casserole

Circle up to 3 Sides

Cottage Cheese Pasta Salad
Buttered Egg Noodles
Green Beans Potato Chips
Baby Carrots Ranch Dressing

Applesauce Mandarin Oranges

Circle up to 1 Dessert

Chocolate Chip Cookie Vanilla 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 Tartar Sauce
Soy Sauce Hot Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Dinner Tomorrow

Circle up to 1 Entree

Pot Roast with Gravy
Open Face Turkey Sandwich
Grilled Cheese Sandwich

Circle up to 3 Sides

Tomato Soup Beef Stew
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 Peaches Banana

Circle up to 1 Dessert

Chocolate Brownie 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 Nutella
Soy Sauce Hot Sauce Crackers

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Tuesday Meal Selections

(Week A Day 3)