

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Hard Boiled Eggs (2pc.)
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
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
Hot Sauce Nutella

Lunch Tomorrow

Circle up to 1 Entree

Open Face Pot Roast Sandwich
Pepperoni Pizza
Two Tacos (Hard Shell or Soft Shell)
-Optional: (Taco Sauce) (Sour Cream)

Circle up to 3 Sides

Cottage Cheese Pasta Salad
Steamed Rice Potato Chips
Mixed Vegetables

Diced Peaches Apple Slices

Circle up to 1 Dessert

Chocolate Chip Cookie Orange 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 Crackers
Nutella Soy Sauce Hot Sauce

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Dinner Tomorrow

Circle up to 1 Entree

Chicken Strips (2pc.)
Salisbury Steak
Baked Tilapia (Tartar Sauce, Lemon Slice)

Circle up to 3 Sides

Chicken Noodle Soup White Chicken Chili
Dinner Roll Steamed Rice
Mashed Potatoes (Beef or Chicken Gravy)
Green Beans Mixed Vegetables
Mixed Greens Salad

 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Mandarin Oranges Applesauce

Circle up to 1 Dessert

Chocolate Pudding 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 Crackers
Soy Sauce Hot Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Wednesday Meal Selections

(Week A Day 4)