

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Egg and Cheese English 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  
Diced Peaches          Yogurt Parfait with Berries

### 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  
Nutella                  Hot Sauce

## Lunch Tomorrow

### Circle up to 1 Entree

Pulled Pork Sandwich on a Bun  
Tuna Salad Sandwich on Wheat (toppings below)  
Hamburger (toppings below)

### Circle up to 3 Sides

Cottage Cheese                  Pasta Salad  
French Fries                  Popcorn  
Potato Chips  
Mixed Greens Salad  
   -Ranch                  -Fat Free Ranch  
   -Balsamic dressing                  -French  
Apple Slices                  Diced Pears

### Circle up to 1 Dessert

Lemon Italian Ice                  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                  Crackers  
Soy Sauce                  Hot Sauce                  Nutella

### Sandwich Toppings:

Lettuce          Tomato                  Onion                  Pickle

## Dinner Tomorrow

### Circle up to 1 Entree

Meat Lasagna  
Cheese Pizza  
Marinated Chicken Breast

### Circle up to 3 Sides

Tomato Soup                  Chicken Tortilla Soup  
Dinner Roll                  French Fries  
Mashed Potatoes (Beef or Chicken Gravy)  
Green Beans                  Mixed Vegetables  
Baby Carrots with Ranch Dressing Cup  
  
Apple Slices                  Diced Peaches

### Circle up to 1 Dessert

Vanilla Pudding                  Chocolate Chip Cookie

### 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

Thursday Meal Selections

(Week A Day 5)