

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Biscuits and Gravy
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
Nutella Hot Sauce

Lunch Tomorrow

Circle up to 1 Entree

Grilled Cheese Sandwich
Turkey and Cheddar on Wheat (toppings below)
Beer Battered Cod_(3pc.) (Tartar Sauce, Lemon Slice)

Circle up to 3 Sides

Cottage Cheese Coleslaw
French Fries Potato Chips
Green Beans
Mixed Greens Salad

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

Circle up to 1 Dessert

New York Cheesecake Orange Jello

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

Open Face Turkey Sandwich
Enchilada Casserole (sour cream, pico de gallo)
Pepperoni pizza

Circle up to 3 Sides

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

 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Diced Pineapple Apple Slices

Circle up to 1 Dessert

Chocolate Brownie 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
Soy Sauce Hot Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Friday Meal Selections

(Week A Day 6)