

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Egg and Cheese Biscuit Sandwich  
Two Pancakes 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

Grilled Cheese Sandwich  
Spaghetti & Meat Sauce (Parmesan Cheese)  
Roast Beef & Cheddar on Wheat (toppings below)

### Circle up to 3 Sides

Chili                      Pasta Salad  
French Fries                      Regular Chips  
Green Beans                      Cottage Cheese  
Mixed Greens Salad  
   -Ranch                      -Fat Free Ranch  
   -Balsamic dressing                      -French  
Diced Pineapple                      Applesauce

### Circle up to 1 Dessert

Chocolate Brownie                      Rice Krispie Bar

### 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

Marinated Chicken Breast  
BBQ Pulled Pork with Mac & Cheese  
Cheese pizza

### Circle up to 3 Sides

Tomato Soup                      Baked Potato 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 Peaches                      Mandarin Oranges

### 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  
  
Soy Sauce                      Hot Sauce                      Nutella

### Sandwich Toppings:

Lettuce                      Tomato                      Onion                      Pickle

**Sunday Meal Selections**

**(Week B Day 1)**