

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Egg and Cheese Sandwich  
Cinnamon Berry French Toast

### 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                  Yogurt Parfait with Berries  
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

Supreme Pizza  
Hamburger (toppings below)  
Walking Taco

**-Optional:** (Taco Sauce)    (Sour Cream)

### Circle up to 3 Sides

Cottage Cheese                  Pasta Salad  
French Fries                  Potato Chips  
Mixed Vegetables  
Baby Carrots with Ranch Dressing Cup  
  
Apple Slices                  Sliced Peaches

### Circle up to 1 Dessert

Chocolate Chip Cookie                  Lemon Italian

### 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  
  
Hot Sauce                  Nutella                  Soy Sauce

### Sandwich Toppings:

Lettuce                  Tomato                  Onion                  Pickle

## Dinner Tomorrow

### Circle up to 1 Entree

Meat Lasagna  
Pot Roast with Gravy  
Open Face Turkey Sandwich

### Circle up to 3 Sides

Chili                          Vegetable Soup  
Dinner Roll                  French Fries  
Mashed Potatoes (Beef or Chicken Gravy)  
Mixed Vegetables                  Green Beans  
Mixed Greens Salad  
  
   -Ranch                  -Fat Free Ranch  
   -Balsamic dressing                  -French  
Applesauce                          Diced Pineapple

### Circle up to 1 Dessert

Rice Krispie Bar                  Chocolate 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                  Crackers  
  
Hot Sauce                  Nutella                  Soy sauce

### Sandwich Toppings:

Lettuce                  Tomato                  Onion                  Pickle

**Monday Meal Selections**

**(Week B Day 2)**