

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Hard Boiled Eggs (2pc.)
Two Breakfast Tacos (Taco Sauce)

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 Yogurt Parfait with Berries
Apple Slices Vanilla 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

Tuna Noodle Casserole
Deli Ham Sandwich on Wheat (toppings below)
Grilled Chicken Sandwich (toppings below)

Circle up to 3 Sides

Tomato Soup Pasta Salad
Cottage Cheese Baked Potato Chips
Mixed Vegetables
Mixed Greens Salad
 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Applesauce Mandarin Oranges

Circle up to 1 Dessert

Chocolate Chip Cookie Vanilla 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

Dinner Tomorrow

Circle up to 1 Entree

Hamburger (toppings below)
Cheese Pizza
Baked Tilapia (Tartar Sauce, Lemon Slice)

Circle up to 3 Sides

Chicken Noodle Soup Beef Stew
Dinner Roll Steamed Rice
Mashed Potatoes (Beef or Chicken Gravy)
Green Beans French Fries
Mixed Greens Salad
 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Banana Diced Peaches

Circle up to 1 Dessert

Chocolate Brownie Lemon 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

Hot Sauce Soy Sauce Tartar Sauce

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Tuesday Meal Selections

(Week B Day 3)