

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Hard Boiled Eggs (2pc.)
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
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

Tater Tot Casserole
Turkey and Cheddar on Wheat (toppings below)
Sausage and Mushroom Pizza

Circle up to 3 Sides

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

Circle up to 1 Dessert

Rice Krispie Bar 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 Crackers
Hot Sauce Soy Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Dinner Tomorrow

Circle up to 1 Entree

Salisbury Steak
Chicken Strips (2pc.)
Grilled Cheese

Circle up to 3 Sides

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

Circle up to 1 Dessert

Chocolate Brownie 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 Soy Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Wednesday Meal Selections

(Week B Day 4)