

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Egg, Ham, and Cheese Biscuit Sandwich  
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                      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

Pulled Pork Sandwich on a Bun  
Tuna Salad on Wheat (toppings below)  
Cheese Pizza

### Circle up to 3 Sides

Cottage Cheese                      Pasta Salad  
French Fries                      Skinny Pop Popcorn  
Green Beans  
Mixed Greens Salad  
   -Ranch                      -Fat Free Ranch  
   -Balsamic dressing                      -French  
Mandarin Oranges                      Apple Slices

### Circle up to 1 Dessert

Chocolate Chip Cookie                      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                      Nutella                      Soy Sauce  
**Sandwich Toppings:**  
Lettuce                      Tomato                      Onion                      Pickle

## Dinner Tomorrow

### Circle up to 1 Entree

Pot Roast with Gravy  
Hamburger (toppings below)  
Open Face Turkey Sandwich

### Circle up to 3 Sides

Chicken Noodle Soup                      Chicken Tortilla Soup  
Dinner Roll                      Steamed Rice  
Mashed Potatoes (Beef or Chicken Gravy)  
Green Beans                      French Fries  
Baby Carrots with Ranch Dressing Cup  
  
Banana                      Diced Peaches

### Circle up to 1 Dessert

Chocolate Ice Cream                      New York Cheesecake  
Vanilla Ice Cream

### 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

Thursday Meal Selections

(Week B Day 5)