

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrées

Scrambled Eggs
Egg and Cheese Sandwich
Sausage Biscuits and Gravy

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 Entrée

Grilled Chicken Sandwich (toppings below)
Meat Lasagna
Beer Battered Cod_(3pc.) (Tartar Sauce, Lemon Slice)

Circle up to 3 Sides

Cottage Cheese Coleslaw
French Fries Potato Chips
Green Beans
Mixed Greens Salad
-Ranch -Fat Free Ranch
-Balsamic dressing -French
Applesauce Diced Pineapple

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 Tartar Sauce
Hot Sauce Nutella Soy Sauce
Sandwich Toppings:
Lettuce Tomato Onion Pickle

Dinner Tomorrow

Circle up to 1 Entrée

Chicken Strips (2pc.)
Cheeseburger (toppings below)
Baked Tilapia (Tartar Sauce, Lemon Slice)

Circle up to 3 Sides

Chili Broccoli Cheese Soup
Dinner Roll Steamed Rice
Mashed Potatoes (Beef or Chicken Gravy)
Mixed Vegetables French Fries
Mixed Greens Salad
-Ranch -Fat Free Ranch
-Balsamic dressing -French
Apple Slices Diced Peaches

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
Tartar Sauce Hot Sauce Soy Sauce
Sandwich Toppings:
Lettuce Tomato Onion Pickle

Friday Meal Selections

(Week B Day 6)