

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Ham, Egg, Cheese Biscuit Sandwich
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 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

Chicken Salad on Wheat (toppings below)
Cheeseburger (toppings below)
Two Tacos (Hard Shell or Soft Shell)

-Optional: (Taco Sauce) (Sour Cream)

Circle up to 3 Sides

Coleslaw Pasta Salad
French Fries Potato Chips
Mixed Vegetables
Macaroni and Cheese

Diced Peaches Applesauce

Circle up to 1 Dessert

Chocolate Brownie Orange 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 Nutella
Sandwich Toppings:
Lettuce Tomato Onion Pickle

Dinner Tomorrow

Circle up to 1 Entree

Cheese Pizza
Grilled Ham & Cheese
Pot Roast with Gravy

Circle up to 3 Sides

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

Circle up to 1 Dessert

Vanilla Pudding Chocolate Chip Cookie

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

Saturday Meal Selections

(Week B Day 7)