

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Egg, Ham, and Cheese Biscuit Sandwich  
2 French Toast pieces with Syrup

### Circle up to 3 Sides

Oatmeal                      Fruit Loops  
Cheerios                      Raisin Bran  
  
Hashbrown Patty              Bacon  
  
Blueberry Lemon Bread  
Banana Bread                  White Toast  
   Wheat Toast

### 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  
  
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  
Nutella                              Hot Sauce

## Lunch Tomorrow

### Circle up to 1 Entree

BBQ Pork Sandwich  
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  
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

### Sandwich Toppings:

Lettuce              Tomato              Onion              Pickles

## 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  
Dinner Roll                              Rice  
Mashed Potatoes  
Mixed Vegetables  
Baby Carrots                              Ranch Dressing  
  
Banana                                      Diced Peaches

### Circle up to 1 Dessert

Chocolate Ice Cream              New York Cheesecake

### Beverages (limit 3 drinks per meal)

Skim Milk              1% Milk              Chocolate Milk  
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

### Sandwich Toppings:

Lettuce              Tomato              Onion              Pickles

Thursday Meal Selections

(Week B Day 5)