

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Egg and Cheese Biscuit Sandwich  
Two French Toast with syrup

### Circle up to 3 Sides

|                      |             |
|----------------------|-------------|
| Oatmeal Cheerios     | Fruit Loops |
|                      | Raisin Bran |
| Hashbrown Patty      |             |
| Pork Sausage Link    | Bacon       |
| Cinnamon Coffee Cake | White Toast |
| Banana Bread         | Wheat Toast |

### Circle up to 2

|                |                           |
|----------------|---------------------------|
| Banana         | Vanilla Yogurt            |
| Sliced Peaches | 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                | Sugar Free Syrup | Nutella       |
| Ketchup             | Hot Sauce        | Pepper        |
| Salt Free Seasoning | Syrup            |               |
| Sugar Free Syrup    |                  |               |

## Lunch Tomorrow

### Circle up to 1 Entree

Grilled Chicken Sandwich (toppings below)  
Roast Beef Sandwich on Wheat (toppings below)  
Grilled Cheese Sandwich

### Circle up to 3 Sides

|                     |                  |
|---------------------|------------------|
| Cottage Cheese      | Pasta Salad      |
| Chicken Noodle Soup | Potato Chips     |
| Green Beans         |                  |
| Mixed Greens Salad  |                  |
| -Ranch              | -Fat Free Ranch  |
| -Balsamic dressing  | -French          |
| Peaches             | Mandarin Oranges |

### Circle up to 1 Dessert

|                  |                   |
|------------------|-------------------|
| Rice Krispie Bar | Chocolate Brownie |
|------------------|-------------------|

### 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        | Hot Sauce     | Nutella |
| Tarter Sauce        | Soy Sauce        |               |         |

### Sandwich Toppings:

|         |        |       |        |
|---------|--------|-------|--------|
| Lettuce | Tomato | Onion | Pickle |
|---------|--------|-------|--------|

## Dinner Tomorrow

### Circle up to 1 Entree

Supreme Pizza  
Marinated Chicken Breast  
Cheeseburger (toppings below)

### Circle up to 3 Sides

|                    |                 |
|--------------------|-----------------|
| Chili              | Vegetable Soup  |
| Dinner Roll        | Rice            |
| Mashed Potatoes    | Green Beans     |
| Mixed Vegetables   |                 |
| Mixed Greens Salad |                 |
| -Ranch             | -Fat Free Ranch |
| -Balsamic dressing | -French         |
| Fresh Fruit        | Apple Slices    |

### Circle up to 1 Dessert

|                     |                   |
|---------------------|-------------------|
| New York Cheesecake | Chocolate Pudding |
|---------------------|-------------------|

### 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        | Hot Sauce     | Nutella |
| Tarter Sauce        | Soy Sauce        |               |         |

### Sandwich Toppings:

|         |        |       |        |
|---------|--------|-------|--------|
| Lettuce | Tomato | Onion | Pickle |
|---------|--------|-------|--------|

**Monday Meal Selections**

**(Week A Day 2)**