

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Egg and Cheese English Muffin Sandwich  
Two Pancakes with syrup

### Circle up to 3 Sides

Cream of Wheat      Fruit Loops  
Cheerios      Raisin Bran  
  
Hashbrown Patty  
  
Pork Sausage Link      Bacon  
Banana Bread      White Toast  
                                 Wheat Toast

### Circle up to 2

Banana      Vanilla Yogurt  
Diced Peaches      Yogurt Parfait with Berries

### Beverages (limit 3 drinks per meal)

Orange Juice    Apple Juice    Prune 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      Nutella      Syrup  
Ketchup      Hot Sauce      Sugar Free Syrup  
Salt Free Seasoning

## Lunch Tomorrow

### Circle up to 1 Entree

BBQ Pork Sandwich on Bun  
Tuna Salad Sandwich on Wheat (toppings below)  
Hamburger (toppings below)

### Circle up to 3 Sides

Cottage Cheese      Pasta Salad  
French Fries      Popcorn  
Potato Chips  
Mixed Greens Salad  
  
                         -Ranch      -Fat Free Ranch  
                         -Balsamic dressing      -French  
Apples Slices      Fresh Fruit

### Circle up to 1 Dessert

Lemon Italian Ice      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      Tartar sauce      Soy Sauce

### Sandwich Toppings:

Lettuce      Tomatoes      Onions      Pickle

## Dinner Tomorrow

### Circle up to 1 Entree

Meat Lasagna  
Cheese Pizza  
Marinated Chicken Breast

### Circle up to 3 Sides

Tomato Soup      Chicken Tortilla Soup  
Dinner Roll  
Mashed Potatoes      Rice  
Green Beans      Diced Peaches  
Baby Carrots      Diced Pears  
                         -Ranch

### Circle up to 1 Dessert

Vanilla Pudding      Chocolate Chip Cookie

### 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  
Tartar Sauce      Soy Sauce

### Sandwich Toppings:

Lettuce      Tomatoes      Onions      Pickle

Thursday Meal Selections

(Week A Day 5)