

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese English Muffin Sandwich
Two Breakfast Tacos (Taco Sauce)

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
Fresh Fruit	Berry Yogurt Parfait

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	Salt Free Seasoning
Ketchup	Syrup	Sugar Free Syrup
Hot Sauce	Nutella	

Lunch Tomorrow

Circle up to 1 Entree

Chicken Salad on Wheat (toppings below)
Cheese Pizza
Cheeseburger (toppings below)

Circle up to 3 Sides

Cottage Cheese	Coleslaw
French Fries	Potato Chips
Green Beans	
Mixed Greens Salad	
	-Ranch -Fat Free Ranch
	-Balsamic dressing -French
Apple Slices	Peaches

Circle up to 1 Dessert

Chocolate Chip Cookie	Vanilla Pudding
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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
	Soy Sauce	Hot Sauce Nutella

Sandwich Toppings:

Lettuce	Tomatoes	Onions	Pickles
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Dinner Tomorrow

Circle up to 1 Entree

Grilled Chicken Sandwich (toppings below)
Pot Roast with Gravy
Baked Tilapia (Tartar Sauce)

Circle up to 3 Sides

Tomato Soup	Chicken Wild Rice Soup
Dinner Roll	Rice
Mashed Potatoes	
Mixed Vegetables	
Mixed Greens Salad	
	-Ranch -Fat Free Ranch
	-Balsamic dressing -French
Applesauce	Fresh Fruit

Circle up to 1 Dessert

Rice Krispie Treat	Chocolate Pudding
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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
	Soy Sauce	Hot Sauce Nutella

Sandwich Toppings:

Lettuce	Tomatoes	Onions	Pickles
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Saturday Meal Selections

(Week A Day 7)