Patient Name: _____ **Unit :** _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Hard Boiled Eggs x 2
Two Pancakes with Syrup

Circle up to 3 Sides

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

Circle up to 2

Banana
Apple Slices
Yogurt Parfait with Berries
Vanilla 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

Tuna Noodle Casserole
Ham on Wheat (toppings below)
Grilled Cheese

Circle up to 3 Sides

Tomato Soup
Cottage Cheese
Mixed Vegetables
Mixed Greens Salad
Applesauce
Pasta Salad
Baked Potato Chips
-Ranch -Fat Free Ranch
-Balsamic dressing -French
Mandarin Oranges

Circle up to 1 Dessert

Chocolate Chip Cookie
Vanilla 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 Tartar Sauce
Sandwich Toppings: Hot Sauce Nutella
Lettuce Tomato Onion Pickles

Dinner Tomorrow

Circle up to 1 Entree

Hamburger (toppings below)
Cheese Pizza
Baked Tilapia (tartar sauce)

Circle up to 3 Sides

Chicken Noodle Soup
Dinner Roll
Green Beans
Mixed Greens Salad
Beef Stew
French Fries
Rice
Mashed Potatoes
-Ranch -Fat Free Ranch
-Balsamic dressing -French
Banana
Diced Peaches

Circle up to 1 Dessert

Chocolate Brownie
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
Sandwich Toppings: Nutella Soy Sauce
Lettuce Tomato Onion Pickles

Tuesday Meal Selections **(Week B Day 3)**