Patient Name: _____ **Unit :** _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese Biscuit Sandwich
Sausage Biscuits and Gravy

Circle up to 3 Sides

Cream of Wheat
Cheerios
Hashbrown Patty
Cinnamon Coffee Cake
Banana Bread
Fruit Loops
Raisin Bran
Bacon
White Toast
Wheat Toast

Circle up to 2

Banana
Apple Slices
Vanilla Yogurt
Strawberry Chobani Yogurt

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
Nutella
Hot Sauce

Lunch Tomorrow

Circle up to 1 Entrée

Hummus on Wheat (toppings below)
Meat Lasagna
Grilled Chicken Sandwich (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
Applesauce
Fresh Fruit

Circle up to 1 Dessert

Chocolate Brownie
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
Hot Sauce
Nutella

***Sandwich Toppings*:**

Lettuce
Tomato
Onion
Pickles

Dinner Tomorrow

Circle up to 1 Entrée

Marinated Chicken
Cheeseburger (Toppings Below)
Impossible Burger (Toppings Below)

Circle up to 3 Sides

Chili
Broccoli Cheese Soup
Dinner Roll
Rice
Mashed Potatoes
French Fries
Mixed Vegetables
Mixed Greens Salad
-Ranch
-Fat Free Ranch
-Balsamic dressing
-French
Apple Slices
Diced Peaches

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
Nutella
Hot Sauce
Soy Sauce

***Sandwich Toppings*:**

Lettuce
Tomato
Onion
Pickles

Friday Meal Selections

(Week B Day 6)