

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Lunch Tomorrow

Dinner Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Ham, Egg, Cheese Biscuit Sandwich
Two Pancakes with Syrup

Circle up to 1 Entree

Roast Beef on Wheat (toppings below)
Grilled Chicken Sandwich (toppings below)
Veggie Burger (toppings below)

Circle up to 1 Entree

Cheese Pizza
Grilled Ham and Cheese
Tenderloin Sandwich (toppings below)

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 3 Sides

Coleslaw
French Fries
Mixed Vegetables
Macaroni and Cheese
Diced Peaches

Pasta Salad
Potato Chips
Applesauce

Circle up to 3 Sides

Chicken Noodle Soup
Dinner Roll
Mashed Potatoes
Mixed Greens Salad
Diced Pears

Chicken Wild Rice Soup
Rice
Green Beans
-Ranch
-Fat Free Ranch
-Balsamic dressing
-French
Fresh Fruit

Circle up to 2

Banana
Apple Slices

Yogurt Parfait with Berries
Strawberry Chobani Yogurt

Circle up to 1 Dessert

Chocolate Brownie
Orange Italian Ice

Circle up to 1 Dessert

Vanilla Pudding
Chocolate Chip Cookie

Beverages (limit 3 drinks per meal)

Orange Juice
Skim Milk

Apple Juice
1% Milk

Cranberry Juice
Chocolate Milk
Hot Tea
Iced Tea

Beverages (limit 3 drinks per meal)

Skim Milk
Hot Tea

1% Milk
Iced Tea

Chocolate Milk

Beverages (limit 3 drinks per meal)

Skim Milk
Hot Tea

1% Milk
Iced Tea

Chocolate Milk

Condiments (circle all needed for meal)

Sugar
Butter
Jelly
Salt
Ketchup
Hot Sauce

Splenda
Margarine
Sugar Free Jelly
Pepper
Syrup
Nutella

Creamer
Peanut Butter
Brown Sugar
Salt Free Seasoning
Sugar Free Syrup

Condiments (circle all needed for meal)

Sugar
Butter
Jelly
Salt Free Seasoning
Ketchup

Splenda
Margarine
Sugar Free Jelly
Mayo
BBQ Sauce

Creamer
Peanut Butter
Salt
Mustard
Tartar Sauce
Hot Sauce
Nutella

Sandwich Toppings:

Lettuce
Tomato
Onion
Pickles

Condiments (circle all needed for meal)

Sugar
Butter
Jelly
Salt Free Seasoning
Ketchup
Soy Sauce

Splenda
Margarine
Sugar Free Jelly
Mayo
BBQ Sauce

Creamer
Peanut Butter
Salt
Mustard
Tartar Sauce
Hot Sauce
Nutella

Sandwich Toppings:

Lettuce
Tomato
Onion
Pickle

Saturday Meal Selections

(Week B Day 7)