

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese Biscuit Sandwich
Two French Toast with syrup

Circle up to 3 Sides

Oatmeal Fruit Loops
Cheerios Raisin Bran

Hashbrown Patty
Pork Sausage Link Bacon
Cinnamon Coffee Cake
Banana Bread
Toast: White or Wheat

Circle up to 2

Banana Vanilla Yogurt
Diced Peaches Strawberry Chobani 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

Grilled Chicken Sandwich (toppings below)
Roast Beef Sandwich on Wheat (toppings below)
Grilled Cheese Sandwich

Circle up to 3 Sides

Cottage Cheese Pasta Salad
Chicken Noodle Soup Potato Chips
Green Beans
Mixed Greens Salad

 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Diced Pineapple Mandarin Oranges

Circle up to 1 Dessert

Rice Krispie Bar 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 Tartar Sauce
Hot Sauce Nutella Soy Sauce

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Dinner Tomorrow

Circle up to 1 Entree

Supreme Pizza
Chicken Strips (2pc.)
Cheeseburger (toppings below)

Circle up to 3 Sides

Chili Vegetable Soup
Dinner Roll French Fries
Mashed Potatoes (Beef or Chicken Gravy)
Mixed Vegetables Green Beans
Mixed Greens Salad

 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Diced Pears Apple Slices

Circle up to 1 Dessert

New York Cheesecake Chocolate 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 Nutella
Hot Sauce Soy Sauce Crackers

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Monday Meal Selections

(Week A Day 2)