

Patient Name: \_\_\_\_\_ Unit : \_\_\_\_\_

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Bacon, Egg, and Cheese Muffin Sandwich  
Two Pancakes with syrup

### Circle up to 3 Sides

Cream of Wheat                      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  
Grapes                      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  
Hot Sauce                      Nutella

## Lunch Tomorrow

### Circle up to 1 Entree

Veggie Burger (toppings below)  
Deli Ham Sandwich on Wheat (toppings below)  
Tuna Noodle Casserole

### Circle up to 3 Sides

Cottage Cheese                      Pasta Salad  
Buttered Egg Noodles  
Green Beans                      Potato Chips  
Baby Carrots                      Ranch Dressing  
  
Applesauce                      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  
Soy Sauce                      Hot Sauce                      Nutella

### Sandwich Toppings:

Lettuce                      Tomato                      Onion                      Pickle

## Dinner Tomorrow

### Circle up to 1 Entree

Pot Roast with Gravy  
Open Face Turkey Sandwich  
Grilled Cheese Sandwich

### Circle up to 3 Sides

Tomato Soup                      Beef Stew  
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 Peaches                      Banana

### 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                      Nutella  
Soy Sauce                      Hot Sauce                      Crackers

### Sandwich Toppings:

Lettuce                      Tomato                      Onion                      Pickle

**Tuesday Meal Selections**

**(Week A Day 3)**