Patient Name: _____ **Unit :** _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese English 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
Diced Peaches | Yogurt Parfait with Berries

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 Entree

Pulled Pork Sandwich on a Bun
Tuna Salad Sandwich on Wheat (toppings below)
Hamburger (toppings below)

Circle up to 3 Sides

Cottage Cheese | Pasta Salad
French Fries | Popcorn
Potato Chips
Mixed Greens Salad
-Ranch | -Fat Free Ranch
-Balsamic dressing | -French
Apple Slices | Diced Pears

Circle up to 1 Dessert

Lemon Italian Ice | 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 | Crackers
Soy Sauce | Hot Sauce | Nutella

***Sandwich Toppings*:**

Lettuce | Tomato | Onion | Pickle

Dinner Tomorrow

Circle up to 1 Entree

Meat Lasagna
Cheese Pizza
Marinated Chicken Breast

Circle up to 3 Sides

Tomato Soup | Chicken Tortilla Soup
Dinner Roll | French Fries
Mashed Potatoes (Beef or Chicken Gravy)
Green Beans | Mixed Vegetables
Baby Carrots with Ranch Dressing Cup

Apple Slices | Diced Peaches

Circle up to 1 Dessert

Vanilla Pudding | Chocolate Chip Cookie

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 | Crackers
Soy Sauce | Hot Sauce | Nutella

***Sandwich Toppings*:**

Lettuce | Tomato | Onion | Pickle

Thursday Meal Selections **(Week A Day 5)**