

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese Biscuit Sandwich
Two Pancakes 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
Apple Slices 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
Hot Sauce Nutella

Lunch Tomorrow

Circle up to 1 Entree

Grilled Cheese Sandwich
Spaghetti & Meat Sauce (Parmesan Cheese)
Roast Beef & Cheddar on Wheat (toppings below)

Circle up to 3 Sides

Chili Pasta Salad
French Fries Regular Chips
Green Beans Cottage Cheese
Mixed Greens Salad
 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Diced Pineapple Applesauce

Circle up to 1 Dessert

Chocolate Brownie Rice Krispie Bar

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

Marinated Chicken Breast
BBQ Pulled Pork with Mac & Cheese
Cheese pizza

Circle up to 3 Sides

Tomato Soup Baked Potato Soup
Dinner Roll Steamed Rice
Mashed Potatoes (Beef or Chicken Gravy)

Mixed Vegetables Green Beans
Mixed Greens Salad
 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Diced Peaches Mandarin Oranges

Circle up to 1 Dessert

Chocolate Chip Cookie Orange 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 Crackers

Soy Sauce Hot Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Sunday Meal Selections

(Week B Day 1)