

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese Sandwich
Cinnamon Berry French Toast

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 Yogurt Parfait with Berries
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

Supreme Pizza
Hamburger (toppings below)
Walking Taco

-Optional: (Taco Sauce) (Sour Cream)

Circle up to 3 Sides

Cottage Cheese Pasta Salad
French Fries Potato Chips
Mixed Vegetables
Baby Carrots with Ranch Dressing Cup
Apple Slices Sliced Peaches

Circle up to 1 Dessert

Chocolate Chip Cookie Lemon Italian

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
Hot Sauce Nutella Soy Sauce

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Dinner Tomorrow

Circle up to 1 Entree

Meat Lasagna
Pot Roast with Gravy
Open Face Turkey Sandwich

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
Applesauce Diced Pineapple

Circle up to 1 Dessert

Rice Krispie Bar 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 Crackers
Hot Sauce Nutella Soy sauce

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Monday Meal Selections

(Week B Day 2)