

**Patient Name:** \_\_\_\_\_

Unit : \_\_\_\_\_

# Breakfast Tomorrow

# Lunch Tomorrow

# Dinner Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Hard Boiled Eggs (2pc.)  
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
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	

## Circle up to 1 Entree

Tater Tot Casserole  
Turkey and Cheddar on Wheat (toppings below)  
Sausage and Mushroom Pizza

### Circle up to 3 Sides

Cottage Cheese	Pasta Salad
French Fries	Potato Chips
Mixed Vegetables	
Mixed Greens Salad	
	-Ranch
	-Fat Free Ranch
	-Balsamic dressing
	-French
Diced Pineapple	Apple Slices

### Circle up to 1 Dessert

Rice Krispie Bar                      Orange Jello

**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	Soy Sauce	Nutella	

***Sandwich Toppings:***

Lettuce      Tomato      Onion      Pickle

### Circle up to 1 Entree

Salisbury Steak  
Chicken Strips (2pc.)  
Grilled Cheese

### Circle up to 3 Sides

Tomato Soup	White Chicken Chili
Dinner Roll	French Fries
Mashed Potatoes (Beef or Chicken Gravy)	
Mixed Vegetables	Green Beans
Mixed Greens Salad	
-Ranch	-Fat Free Ranch
-Balsamic dressing	-French
Banana	Applesauce

**Circle up to 1 Dessert**

Chocolate Brownie      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	Crackers
Hot Sauce	Soy Sauce	Nutella

***Sandwich Toppings:***

	Lettuce	Tomato	Onion	Pickle
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## Wednesday Meal Selections

**(Week B Day 4)**