

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg, Ham, and Cheese Biscuit Sandwich
Two French Toast 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 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

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

Circle up to 3 Sides

Cottage Cheese Pasta Salad
French Fries Skinny Pop Popcorn
Green Beans
Mixed Greens Salad
 -Ranch -Fat Free Ranch
 -Balsamic dressing -French
Mandarin Oranges Apple Slices

Circle up to 1 Dessert

Chocolate Chip Cookie 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 Crackers

Hot Sauce Nutella Soy Sauce
Sandwich Toppings:
Lettuce Tomato Onion Pickle

Dinner Tomorrow

Circle up to 1 Entree

Pot Roast with Gravy
Hamburger (toppings below)
Open Face Turkey Sandwich

Circle up to 3 Sides

Chicken Noodle Soup Chicken Tortilla Soup
Dinner Roll Steamed Rice
Mashed Potatoes (Beef or Chicken Gravy)
Green Beans French Fries
Baby Carrots with Ranch Dressing Cup

Banana Diced Peaches

Circle up to 1 Dessert

Chocolate Ice Cream New York Cheesecake
Vanilla Ice Cream

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

Thursday Meal Selections

(Week B Day 5)