

Sample

Week 4

	MONDAY, 3-23	TUESDAY, 3-24	WEDNESDAY, 3-25	THURSDAY, 3-26	FRIDAY, 3-27	SATURDAY, 3-28	SUNDAY, 3-29
B R E A K F A S T	Low-fat yogurt Franola Fruit Beverages: Coffee/tea, milk, juice	Eggs Wheat toast Peanut butter Banana Beverages: Coffee/tea, milk, juice	Oatmeal Eggs Fruit Beverages: Coffee/tea, milk, juice	Cereal Hard-boiled eggs Beverages: Coffee/tea, milk, juice	Pancakes Fruit topping Sausage Beverages: Coffee/tea, milk, juice	Smoothie bowl Whole grain muffin Beverages: Coffee/tea, milk, juice	Waffles Eggs Fruit Beverages: Coffee/tea, milk, juice
L U N C H	Lentil soup Grilled cheese Fresh fruit Side salad Beverages: Water, milk, tea Dessert: Low-sugar bread pudding	Veggie burger Salad Chips Beverages: Water, milk Dessert: Carrot cake	Cheese quesadilla Brown rice Side veggies Beverages: Water, tea Dessert: Banana pudding	Egg salad Veggie sticks Fruit Mashed potatoes Beverages: Water, milk Dessert: Sugar-free chocolate mousse	Tuna casserole Side salad Roll Corn Beverages: Water, milk Dessert: Vanilla mousse	High protein mac & cheese Peas Sourdough bread Beverages: Water, milk Dessert: Gelatin with whipped topping	Tomato Soup Half turkey sandwich Carrots Beverages: Water, milk Dessert: Pumpkin Pie
D I N N E R	Garlic & herb shrimp Mixed veggies Beverages: Water, decaf	Sight bean chili Salad Beverages: Herbal tea, water	Baked tilapia slice Spinach Beverages: Milk, water	Vegetable lasagna Garlic Bread Beverages: Herbal tea, water	Stuffed peppers Brown rice Beverages: Herbal tea, water	Salmon patties Green beans Beverages: Herbal tea, water	Turkey tetrazzini Broccoli Beverages: Herbal tea, water
							DIETITIAN SIGNATURE: _____