

Sample

Week 1

	SUNDAY, 6-21	MONDAY, 6-22	TUESDAY, 6-23	WEDNESDAY, 6-24	THURSDAY, 6-25	FRIDAY, 6-26	SATURDAY, 6-27
B R E A K F A S T	Oatmeal Scrambled eggs Toast Fruit Beverages: Coffee/tea, milk , juice	Yogurt parfait Whole grain Toast Banana Beverages: Coffee/tea, milk, juice	Pancakes Fruit topping Sausage Beverages: Coffee/tea, milk, juice	Cereal Milk Eggs Orange Beverages: Coffee/tea, milk, juice	French toast Berries Bacon Beverages: Coffee/tea, milk, juice	Omelet Toast Fruit Beverages: Coffee/tea, milk, juice	Waffles Fruit Eggs Beverages: Coffee/tea, milk, juice
L U N C H	Grilled chicken sandwich Side salad Tomato Soup Beverages: Water, milk, tea Dessert: Sugar-free vanilla pudding	Turkey & cheese wrap Carrot sticks Veggie soup Dinner roll Beverages: Water, milk Dessert: Low-fat chocolate pudding	Veggie stir fry Rice Salad Sweet potato Beverages: Water, tea Dessert: Sugar- free butterscotch pudding	Tuna salad sandwich Fruit + chips Side salad. Beverages: Water, milk Dessert: Low-fat rice pudding	Cheeseburger Fries Mixed green salad Beverages: Water, milk Dessert: Tapioca pudding	Pizza Mixed green salad Apple slices Beverages: Water, milk Dessert: Baked custard	Tomato Soup Half turkey sandwich Fruit Cocktail Beverages: Water, milk Dessert: Cheesecake
D I N N E R	Baked cod Green beans Light broth Beverages: Water, decaf	Light beef stew Broccoli Beverages: Herbal tea, water	Roast pork slice Buttered carrots Brown rice Beverages: Milk, water	Marinara pasta Meatball Garlic bread side salad Beverages: Herbal tea, water	Chicken pot pie Mixed veggies Beverages: Herbal tea, water	Ham slice Asparagus Roll Beverages: Herbal tea, water	Roast beef slice Zucchini & Carrots Roll Beverages: Herbal tea, water
							DIETITIAN SIGNATURE: _____