

(All items in **Bold Print** require a choice.)

## Breakfast

### Entrées

- Pancakes:**  Buttermilk  Blueberry
- Syrup (2 per Pancake)
- Sugar Free Syrup (2 per Pancake)

### Build Your Own Omelet

- Regular  Egg Whites
- Cheddar Cheese

### Sides

- Scrambled Eggs:**  Regular  Egg Whites
- Boiled Eggs (Peeled & Sliced)
- Ground Turkey Sausage
- Ground Sausage

### Hot and Cold Cereals

- Cream of Wheat®
- Oatmeal
- Grits

### Fruit and Yogurt

- Yogurt:**  Low-Fat Vanilla  Low-Fat Strawberry
- Fat-Free Greek Plain Yogurt
  
- Fruit:**
- Banana
- Pureed Peaches
- Pureed Pears
- Applesauce (plain)
- Applesauce (with cinnamon)

## Lunch and Dinner

### Light Fare

- Ground Hamburger Patty (no bread)
- Ground Turkey Patty (no bread)
- Ground Chicken Breast (no bread)
- Portobello Mushroom Patty (no bread)

### Deli Sandwiches (No bread, No lettuce)

- Salad:**  Tuna  Chicken  Egg Salad

### Entrées

(Select one of these choices for additional moisture):

- Marinara Sauce  Turkey Gravy  Beef Gravy
  
- Herb Baked Tilapia Chopped
- Ground Roast Turkey
- Ground Seasoned Grilled Chicken
- Ground Meatloaf with Brown Gravy
- Penne Pasta

### Side Dishes

- Penne Pasta**  Meat Sauce
- Marinara Sauce  Alfredo Sauce
- Turkey Gravy
  
- Vegetable:**  Pureed Green Beans
- Pureed Carrots  Pureed Broccoli
- Mashed Potatoes
- Pureed Corn
- Puree Green Peas
  
- Other Starch:**  Macaroni & Cheese
- Cottage Cheese  Hummus
- Puree Rice Pilaf

### Soups and Broths

- Soup:**  Tomato  Cream of Chicken
- Pureed Vegetable
  
- Broth:**  Chicken  Vegetable  Beef



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### Condiments

- Salt
- Pepper
- Herb Seasoning
- Cinnamon
- Lemon
- Honey
- Syrup
- Creamer
- Sweetener:**  White Sugar  Brown Sugar  
 Equal® Sucralose  Equal® Saccharin
- Mayonnaise (*Light*)
- Ketchup
- Mustard
- Hot Sauce
- Sweet Pickle Relish
- Soy Sauce
- Butter
- Sour Cream (*Low Fat*)
- Cream Cheese (*Low Fat*)
- BBQ Sauce
- Parmesan Cheese
- Peanut Butter
- Jelly:**  Grape  Strawberry
- Diet Jelly
- Cranberry sauce

### Dressing

- Fat-Free Raspberry Vinaigrette
- Balsamic
- Italian
- Ranch
- Caesar
- Oil & Vinegar
- Vinegar

Items with a ♦ are not available at our Stafford location.

Items with a ♦♦ are **NOT** available on trays requiring thickened liquids (Nectar Thick consistency or Honey Thick consistency)

### Beverages

- Juice:**  Orange  Apple  Cranberry  Prune
- Milk:**  Skim  1%  2%  Whole  
 FF Chocolate  Soy Vanilla
- Coffee:**  Regular  Decaf
- Tea:**  Iced  Hot Decaf  Hot Herbal  Hot Green
- Chocolate:**  Hot Cocoa  
 Sugar Free Hot Cocoa
- Sodas:**  Gingerale  Diet Gingerale  
 Lemon-Lime  Diet Lemon-Lime  
 Cola  Diet Cola
- Nutritional Shake:**  Vanilla  Chocolate
- Crystal Light:**  Lemonade  ♦Raspberry Ice

### Desserts

- Cinnamon Apples with Whipped Topping
- ♦♦ **Popsicle®:**  Cherry  Orange  Grape
- ♦♦ **Italian ice:**  Lemon  Orange
- ♦♦ Orange Sherbet
- ♦♦ **Ice cream:**  Vanilla  Chocolate
- ♦♦ **Sugar Free Ice cream:**  Vanilla  Chocolate
- Pudding:**  Vanilla  Chocolate
- ♦♦ **Gelatin:**  Berry  Orange
- ♦♦ Sugar Free Berry Gelatin

**Dysphagia Meal Plan:** Your diet, like your medication, is an important part of your treatment and may speed your recovery.

Your Doctor has ordered a Dysphagia Meal Plan for you. While on this diet, foods are moist, soft and simple to chew. The diet provides a transition from pureed foods to easy - to chew foods.

Moistened ground meats, vegetables cooked to a very soft texture, soft, cooked or canned fruits, and bananas are included.

\*Some items may not be allowed, if other restrictions are in place.

