

Mechanical Soft

(Also known as Dental Soft Diet) Dining On Call Menu

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

Breakfast

Breakfast Entrées

(choice of (1) Selection below)

- Build Your Own Omelet**
 - Regular Egg Whites
 - Cheese:** Cheddar Swiss Pepper Jack
 - Spinach Onions Tomatoes Mushrooms
 - Green Peppers
- Cinnamon French Toast
- Pancakes:** Buttermilk Blueberry

Sides

(Your choice of (3) selection below)

Hot Sides

- Scrambled Eggs**
 - Regular Egg Whites
- Boiled Egg
- Chopped Turkey Sausage
- Chopped Pork Sausage
- Seasoned Breakfast Potatoes

Bakery

- Muffin:** Blueberry Orange Cranberry
- English Muffin (**not toasted**)
- Bread (not toasted):** White Wheat
- Multigrain Rye Gluten Free

Hot and Cold Cereals

- Cream of Wheat®
- Grits
- Oatmeal
- Cheerios®
- Honey Nut Cheerios®
- Rice Krispies®
- Cinnamon Toast Crunch

Fruit and Yogurt

- Fresh Fruit:** Banana
- Soft Fruit:** Peaches Pears
- Applesauce (plain)
- Applesauce (with cinnamon)
- Yogurt** Vanilla Strawberry Greek Plain

Lunch and Dinner

Entrées (your choice of 1)

Chef Selections

- Herb Baked Tilapia (*Chopped*)
- Chicken Parmesan (*Chopped*)
- Roast Turkey Breast with Gravy (*Chopped*)
- Meatloaf with Brown Gravy (*Chopped*)
- Pasta:** Sauces: Meat Marinara Alfredo

Grill/ Pizza

- Burger (Cut in 4):** Beef Turkey Portobello
- Cheese:** Swiss Cheddar Pepper Jack
- Personal Pizza** (Cut in 8):
 - Cheese Sausage

Build Your Own Sandwiches

- Bread:** Multigrain Wheat White
- Rye Gluten Free
- Salad:** Tuna Chicken Egg Salad
- Peanut Butter & Jelly
- Cheese:** Swiss Cheddar Pepper Jack

Sides (your choice of 3)

- Vegetable (Well Done):** Broccoli
- Green Beans Carrots Spinach
- Green Peas

- Starches:** Macaroni & Cheese
- Mashed Potatoes White Rice ♦Brown Rice
- Corn Tortilla Dinner Roll Corn Bread

- Cold sides:**
 - Cottage Cheese Hummus & Pita Bread

- Soup:** Chicken Noodle Tomato
- Cream of Chicken Lentil and Black Bean
- Turkey Chili

- Broth:** Chicken Beef Vegetable



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Condiments

- Salt
- Pepper
- Herb Seasoning
- Cinnamon
- Lemon Juice
- Honey
- Creamer
- Sweetener:** White Sugar Brown Sugar
 Equal® Sucralose Equal® Saccharin
- Mayonnaise (*light*)
- Ketchup
- Mustard
- Butter
- Sour Cream
- Cream Cheese
- BBQ Sauce
- Parmesan Cheese
- Peanut Butter
- Hot Sauce
- Jelly:** Grape Strawberry
- Sugar Free jelly
- Cranberry Sauce

Dressing

- Dressings:** Balsamic Italian
 Ranch Raspberry Vinaigrette

Beverages

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

Desserts (*your choice of 1*)

- Strawberry Shortcake
- Angel Food Cake
- Chocolate Brownie
- Cinnamon Apples w/ 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
- High Protein Frozen Treat (Magic Cup):**
 Vanilla Chocolate Orange

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)

Mechanical Soft Meal Plan (Also known as Dental Soft Meal Plan)

Your diet, like your medication, is an important part of your treatment and may speed your recovery.
Your doctor has ordered a Mechanical Soft Meal Plan for you.

While on this diet, foods are moist, soft, in bite size pieces, and nearly regular in texture.
Hard, sticky, and crunchy foods are excluded.