

(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:

- Cheese Tomatoes Mushrooms

Sides

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

Hot and Cold Cereals

- Cream of Wheat®
- Oatmeal
- Grits

Fruit and Yogurt

- Yogurt:** Vanilla Strawberry Greek Plain
- Fruit:**
- Banana
- Pureed Peaches
- Pureed Pears
- Applesauce

Lunch and Dinner

Light Fare

- Ground Veggie Patty (no bread)
- Ground Hamburger Patty (no bread)
- Ground Turkey 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
- Sliced Spiced Salmon
- Ground Roast Turkey
- Sliced Baked Fish
- Ground Seasoned Grilled Chicken
- Ground Meatloaf with Brown Gravy

Side Dishes

- Spaghetti (Cut up):** Meat Sauce
- Marinara Sauce Alfredo
- Vegetable:** Pureed Green Beans
- Pureed Carrots Pureed Broccoli
- Pureed Mashed Potatoes
- Other Starch:** Macaroni & Cheese
- Cottage Cheese Hummus

Soups and Broths

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

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



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

Condiments

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

Dressing

- Raspberry Vinaigrette
- Balsamic
- French
- Italian
- Ranch
- Caesar

Beverages

- Juice:** Orange Apple Cranberry Prune
- Milk:** 1% Whole FF Chocolate
 Soy Vanilla Soy Chocolate
- Coffee:** Regular Decaf
- Tea:** Iced Hot Decaf Hot Herbal Hot Green
 Hot Decaf Chai
- Chocolate:** Hot Cocoa
 Sugar Free Hot Cocoa
- Sodas:** Gingerale Diet Gingerale
 Lemon-Lime Diet Lemon-Lime
 Cola Diet Cola Diet Caffeine Free 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
- Sugar Free Pudding:** Vanilla Chocolate
- Gelatin:** Berry Orange
- Sugar Free Berry Gelatin

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

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 soft mashable texture, soft cooked or canned fruits, and bananas are included.

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