



Breakfast Options

- Pureed Scrambled Eggs:** Regular
 - Low Cholesterol
- Pureed Turkey Sausage

Hot and Cold Cereals

- Cream of Wheat®
- Strained Oatmeal
- Grits

Fruit and Yogurt

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

Lunch and Dinner

Entrées

- Pureed Turkey
- Pureed Fish
- Pureed Chicken
- Pureed Beef

(Select one of these choices for additional moisture):

- Marinara Sauce
- Gravy:** Turkey Beef

Side Dishes

- Pureed Spaghetti:**
 - Marinara Sauce Alfredo
- Vegetables:** Pureed Green Beans
 - Pureed Carrots Pureed Broccoli
- Pureed Mashed Potatoes
- Other Starch:**
 - Pureed 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
- 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 Sugar Free Jelly
- Cranberry sauce

Beverages

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

Desserts

- High Protein Nutritional Treat:**
 - Vanilla Orange Chocolate
- 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

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