

# Dysphagia Soft

Minced & Moist- Dining on Call Menu

## Breakfast

### Entrées

- French Toast Bread Pudding
- Finely Chopped Buttermilk Pancakes
  - Syrup (2 per Pancake)
  - Sugar Free Syrup (2 per Pancake)
- Puree Waffle

### Sides

- Scrambled Eggs:**  Regular  Egg Whites
- Ground Sausage:**  Turkey  Pork
  - Country Sausage Gravy

### Hot and Cold Cereals

- Apple Cinnamon Cream of Wheat
- Cream of Wheat®  Oatmeal  Grits
- Puree Cornflakes  Puree Raisin Bran

### Fruit and Yogurt

- Yogurt:**  Light Vanilla  French Vanilla
  - Strawberry  Raspberry
- Fruit:**  Banana  Puree Peaches  Puree Pears
  - Applesauce:**  Plain  with Cinnamon
  - Puree Mixed Berries  Puree Pineapple

## Beverages

- Juice:**  Orange  Apple  Cranberry  Prune
- Milk:**  Skim  2%  Soy Vanilla
- Coffee:**  Regular  Decaf
- Tea:**  Iced  Hot Regular  Hot Decaf
  - Hot Green
- Hot Chocolate:**  Regular  Sugar Free
- Sodas (Regular & Diet)**
  - Ginger Ale  Lemon-Lime  Cola
- Sugar Free Lemonade (Crystal Light)
- High Protein Nutritional Shake:**
  - Vanilla  Chocolate

## Lunch and Dinner

### Soups and Broths

- Soup:**  Strained Chicken Noodle
  - Pureed & Strained Tomato Basil Bisque
- Broth (Regular and Low Sodium)**
  - Chicken  Vegetable  Beef

### Deli (No bread, No lettuce)

- Tuna Salad  Chicken Salad  Hummus
- Finely chopped Hamburger

### Everyday Chef Specials

(See daily Chef special on page 2)

- Pasta Pomodoro with Basil**
  - Chopped Parslied Rotini Noodles
  - Finely Chopped Lemon Pepper Green Beans
- Chopped Rotisserie Chicken Thigh**
  - Mashed potatoes
  - Finely Chopped Lemon Pepper Green Beans
- Minced and Moist Meatloaf with Demi-Glace**
  - Mashed Potatoes  Broccoli
- Chicken Patty**  Broccoli

### Sides

- Vegetables:**  Finely Chopped Green Beans
  - Puree Carrots
- Starches:**  Mashed Potatoes  Puree White Rice
- Cold sides:**  Cottage Cheese  Hummus

## Desserts

- High Protein Nutritional Treat:**
  - Vanilla  Chocolate
- ♦♦ Popsicle® (Regular & Sugar Free)**
  - Cherry  Orange  Grape
- ♦♦ Lemon Italian Ice**
- ♦♦ Orange Sherbet**
- ♦♦ Ice Cream (Regular & Sugar Free)**
  - Vanilla  Chocolate
- Pudding (Regular & Sugar Free)**
  - Vanilla  Chocolate
- ♦♦ Gelatin (Regular & Sugar Free)**
  - Berry  Orange

Items with a ♦♦ are NOT available on trays requiring thickened liquids

**Mildly Thick (L2, Nectar Thick consistency)** or **Moderately Thick (L3, Honey Thick consistency)**

| Dysphagia Soft Diet – Daily Chef Specials |   |   |  |
|---|---|---|--|
|   | Breakfast   | Lunch   | Dinner   |
| MON                                       | Apple Cinnamon Cream of Wheat<br>Scrambled Egg<br>French Vanilla Yogurt<br>Puree Pears<br>Orange Juice/ Milk/ Coffee                            | Ground Chicken Salad<br>Puree Tomato Basil Bisque Soup<br>Vanilla Pudding<br>Banana   | Ground Carolina BBQ Pork Roast<br>Chopped Macaroni & Cheese<br>Finely Chopped Sauteed Zucchini<br>Lemon Italian Ice<br>Puree Peaches |
| TUE                                       | Finely Chopped Buttermilk<br>Pancakes<br>Scrambled Egg<br>Banana<br>Orange Juice/ Milk/ Coffee  | Tuna Salad<br>Strained Chicken Noodle Soup<br>Vanilla Pudding<br>Puree Peaches  | Ground Black Magic Chicken<br>Chopped Parslied Rotini Noodles<br>Finely Chopped Green Beans<br>Cookies & Cream Mousse<br>Puree Pears |
| WED                                       | Cheese Grits<br>Scrambled eggs with Cheese<br>French Vanilla Yogurt<br>Applesauce with Cinnamon<br>Orange Juice/ Milk/ Coffee                   | Ground Chicken Thigh<br>Chopped Parslied Rotini Noodles<br>Finely Chopped LP Green Beans<br>Vanilla Pudding<br>Puree Peaches                      | Ground Beef Pot Roast<br>w/ Demi-Glace<br>Rosemary Parmesan Polenta<br>Puree Carrots<br>Chocolate Pudding,<br>Puree Pears            |
| THU                                       | Apple Cinnamon Cream of Wheat<br>Scrambled Eggs<br>Puree Turkey Sausage<br>French Vanilla Yogurt<br>Puree Peaches<br>Orange Juice/ Milk/ Coffee | Tuna Salad<br>Puree Tomato Basil Bisque Soup<br>Chocolate Pudding<br>Puree Pears  | Ground Sesame Ginger Chicken<br>Cream of Rice<br>Puree Carrots<br>Vanilla Pudding<br>Applesauce with Cinnamon                        |
| FRI                                       | Apple Cinnamon Cream of Wheat<br>Scrambled Eggs<br>French Vanilla Yogurt<br>Puree Pears<br>Orange Juice/ Milk/ Coffee                           | Ground Chicken<br>Strained Chicken Noodle Soup<br>Cookies & Cream Mousse<br>Applesauce with Cinnamon  | Finely Chopped BBQ Spiced<br>Salmon<br>Cheese Grits<br>Finely Chopped Sauteed Zucchini<br>Citrus Mousse<br>Puree Peaches             |
| SAT                                       | Finely Chopped Buttermilk<br>Pancakes<br>Scrambled Eggs<br>French Vanilla Yogurt<br>Banana<br>Orange Juice/ Milk/ Coffee                        | Ground Rotisserie Chicken Thigh<br>Mashed Potatoes<br>Finely Chopped Lemon Pepper<br>Green Beans<br>Lemon Italian Ice<br>Applesauce with Cinnamon | Ground Turkey with Gravy<br>Cream of Rice<br>Finely Chopped LP Green Beans<br>Chocolate Ice Cream<br>Puree Pears                     |
| SUN                                       | Apple Cinnamon Cream of Wheat<br>Scrambled Eggs<br>French Vanilla Yogurt<br>Puree Peaches<br>Orange Juice/ Milk/ Coffee                         | Tuna Salad<br>Strained Chicken Noodle Soup<br>Citrus Mousse<br>Puree Pears  | Puree Chicken Patty with Gravy<br>Cream of Rice<br>Puree Broccoli<br>Vanilla Pudding<br>Applesauce with Cinnamon                     |

### Condiments

- Salt  Pepper  Herb Seasoning  Cinnamon  Lemon  Honey  Non-Dairy Creamer
- Sweetener:**  White Sugar  Brown Sugar  Equal®  Equal® Saccharin  Splenda®
- LF Mayonnaise  Ketchup  Mustard  Hot Sauce  Barbecue Sauce  Butter  Sour Cream
- Cream Cheese (*Low Fat*)  Jelly

