

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

