

Pureed Diet

Dining on Call Menu

Breakfast Options

- Scrambled Eggs:**
 - Regular
 - Egg Whites
- Pureed Turkey Sausage
- Pureed Bacon

Hot and Cold Cereals

- Cream of Wheat®
- Strained Oatmeal
- Grits

Fruit and Yogurt

- Yogurt:** Vanilla Strawberry

- Fruit:**
 - Banana
 - Peaches
 - Pears
 - Applesauce, Plain
 - Applesauce with Cinnamon

Lunch and Dinner

Entrées

- Turkey
- Fish
- Chicken
- Beef

(Select one of these choices for additional moisture):

- Marinara Sauce Alfredo Sauce
- Gravy:** Turkey Beef

Side Dishes

- Vegetables:** Green Beans
 - Carrots Broccoli
 - Green Peas

- Starch:**
 - Mashed Potatoes
 - Macaroni & Cheese
 - Cottage Cheese
 - Hummus

- Pureed Pasta:**
 - Marinara Sauce Alfredo Sauce

Soups and Broths

- Soup:** Chicken Noodle
 - Tomato Cream of Chicken

- Broth:** Chicken Vegetable Beef

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)

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(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% **◆**2% Whole
 - Fat Free Chocolate
 - Soy Vanilla Almond
- Coffee:** Regular Decaf
- Tea:** Iced Hot Regular Hot Decaf
 - Hot Herbal Hot Green
- Hot Chocolate:** Regular Sugar Free
- Sodas:** Gingerale Diet Gingerale
 - Lemon-Lime Diet Lemon-Lime
 - Cola Diet 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
- ◆◆ Gelatin:** Berry Orange
- ◆◆ Sugar Free Berry Gelatin**

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