

# Pureed Diet

## Dining on Call Menu

### Breakfast Options

- Pureed Scrambled Eggs
- Pureed Scrambled Egg Whites
- Pureed Pork Sausage
- Pureed Turkey Sausage
- Pureed Bacon

### Hot and Cold Cereals

- Cream of Wheat®
- Oatmeal
- Grits

### Fruit and Yogurt

- Yogurt:**  Vanilla  Strawberry  
 Greek Plain
- Fruit:**
  - Banana
  - Pureed Peaches
  - Pureed Pears
  - Applesauce (plain)
  - Applesauce (with cinnamon)

### Lunch and Dinner

#### Entrées

- Pureed Turkey
- Pureed Fish
- Pureed Chicken
- Pureed Beef
- Pureed Cheese Pizza
- Pureed Pasta:**
  - Marinara Sauce  Alfredo Sauce

**(Select one of these choices for additional moisture):**

- Marinara Sauce
- Gravy:**  Turkey  Beef

#### Side Dishes

- Vegetables:**  Pureed Green Beans
  - Pureed Carrots  Pureed Broccoli
  - Pureed Peas  Pureed Corn
- Starch:**
  - Mashed Potatoes
  - 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.

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
- Syrup
- Creamer
- Sweetener:**  White Sugar
  - Brown Sugar
  - Equal® (blue packet)
  - Equal® Sucralose (yellow packet)
  - Sweet & Low (pink packet)
- Mayonnaise (*Light*)
- Ketchup
- Mustard
- Hot Sauce
- Vinegar
- Lemon Juice
- Soy sauce
- Butter
- Sour Cream
- Cream Cheese
- 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:**  Skim  1%  2%  Whole
  - Fat Free Chocolate  Soy Vanilla
- 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
- Water

### 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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