

# 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
- Boiled Eggs (Peeled & Sliced)
- 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
  - Puree & 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
- Rotisserie Chicken Thigh**
  - Mashed potatoes
  - Ground Rotisserie Chicken Thigh
  - Finely Chopped Lemon Pepper Green Beans

### 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

## Condiments

- Salt  Pepper  Herb Seasoning  Cinnamon  Raisins  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)  Peanut Butter  Jelly  Crackers

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Dysphagia 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 Diced 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 Diced Pears	Puree Chicken Patty with Gravy Cream of Rice Puree Broccoli Vanilla Pudding Applesauce with Cinnamon

Items with a ♦♦ are **NOT** available on trays requiring thickened liquids  
(Nectar Thick consistency or Honey Thick consistency)