

Mechanical (Dental) Soft

Soft & Bite Sized - Dining on Call Menu

Breakfast

Entrées

- Biscuit with Gravy
(Buttermilk biscuit, scrambled egg, country gravy)
- Garden Avocado Toast
(Avocado, hard-boiled egg, radish, multigrain bread)
- French Toast Bread Pudding
(Baked cinnamon spiced brioche)
- Nitty Gritty Bowl *(no bacon)*
(Cheese grits, scrambled egg, cheddar, scallions)
- Fruit, Honey, Yogurt Crunch
(Generous portion of Greek yogurt, Fruit & honey)
- Chopped Buttermilk Pancakes
- Cinnamon French Toast

Sides

Hot Sides

- Scrambled Eggs:** Regular Egg Whites
 - Curried Tofu
- Hard Boiled Egg
- Red Potato Hash Sauteed Breakfast Potatoes
- Chopped Meats:** Turkey Sausage Patty
 - Pork Sausage Link Veggie Sausage

Bakery

- Muffin:** Blueberry Banana Crumb
- Bread (not toasted):** White Wheat

Hot and Cold Cereals

- Apple Cinnamon Cream of Wheat®
- Cream of Wheat®
- Grits Oatmeal
- Cheerios® Cornflakes®
- Rice Krispies®

Fruit and Yogurt

- Banana Diced Peaches Diced Pears
- Applesauce:** Plain With Cinnamon
- Yogurt** French Vanilla Light Vanilla
 - Strawberry Raspberry

Lunch and Dinner

Entrées

Deli: Handhelds

- Mozzarella Caprese Melt
- Grilled Cheese

Build Your Own Sandwiches

- Bread:** Wheat White Gluten Free
- Protein:** Sliced Turkey Tuna Salad
 - Chicken Salad Hummus
- Cheese:** Swiss Cheddar
- Peanut Butter & Jelly

Build Your Own Burger

- Burger (Cut in 4):** Beef Impossible
- Cheese:** Swiss Cheddar

Everyday Chef Specials

(See daily Chef special on page 2)

- Pasta Pomodoro with Basil**
 - Chopped Lemon Pepper Green Beans
- Rotisserie Chicken Thigh** Mashed potatoes
 - Lemon Pepper Green Beans
- Chopped Meatloaf with Demi-Glace**
 - Mashed Potatoes Broccoli
- Chopped Chicken Pot Pie** Broccoli

Sides

Vegetables (Chopped)

- Green Beans:** Lemon Pepper Fresh Steamed
- Carrots** Lemon Pepper Fresh Steamed
- Starches:** Mashed Potatoes White Rice
- Cold sides:** Cottage Cheese Hummus

Soups & Broths

- Soups:** Chicken Noodle Minestrone & Orzo
 - Tomato Basil Bisque
- Broths (Regular & Low Sodium)**
 - Chicken Beef Vegetable

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)* Peanut Butter Jelly

Beverages

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

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

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

Desserts

- Mini Apple Pie
- Strawberry Shortcake Mug Cake
- Banana Pudding Parfait
- Angel Food Cake
- Cookie:** Chocolate Chip Sugar
- ♦♦ 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
- High Protein Frozen Treat (Magic Cup):**
- Vanilla Chocolate Orange

Mechanical Soft – Daily Chef Special

	Breakfast	Lunch	Dinner
MON	Cinnamon French Toast Scrambled Egg Diced Pears Orange Juice/ Milk/ Coffee	Chicken Salad Sandwich Tomato Basil Bisque Soup Vanilla Pudding Banana	Chopped Carolina BBQ Pork Roast Macaroni & Cheese Chopped Sauteed Zucchini Lemon Italian Ice, Diced Peaches
TUE	Buttermilk Pancake Scrambled Egg Banana Orange Juice/ Milk/ Coffee	Tuna Salad Sandwich on White Chicken Noodle Soup Vanilla Pudding Diced Peaches	Chopped Black Magic Chicken Parslied Rotini Noodles Sauteed Broccoli Cookies & Cream Mousse Diced Pears
WED	Nitty Gritty Bowl (no bacon) Chopped Turkey Sausage Applesauce with Cinnamon Orange Juice/ Milk/ Coffee	Chopped Chicken Thigh Parslied Rotini Noodles with Marinara Chopped LP Green Beans Vanilla Pudding Diced Peaches	Chopped Beef Pot Roast w/ Demi-Glace Rosemary Parmesan Polenta Chopped Caramelized Carrots & Pearl Onions Chocolate Pudding, Diced Pears
THU	Red Potato Hash, Scrambled Eggs Chopped Turkey Sausage Apple Cinnamon Cream of Wheat Banana Orange Juice/ Milk/ Coffee	Tuna Salad Sandwich on White Tomato Basil Bisque Soup Chocolate Pudding Diced Pears	Chopped Sesame Ginger Chicken Jasmine Rice Broccoli Vanilla Pudding Applesauce with Cinnamon
FRI	Cinnamon French Toast Scrambled Eggs Diced Pears Orange Juice/ Milk/ Coffee	Ground Chicken Salad on Bun Chicken Noodle Soup Cookies & Cream Mousse Banana	BBQ Spiced Salmon Cheese Grits Sauteed Spinach with Garlic Angel Food Cake, Diced Peaches
SAT	Buttermilk Pancakes Scrambled Eggs Banana Orange Juice/ Milk/ Coffee	Chopped Rotisserie Chicken Thigh Mashed Potatoes Chopped Lemon Pepper Green Beans Lemon Italian Ice Applesauce with Cinnamon	Chopped Chicken Breast with Gravy Mashed Potatoes Chopped LP Green Beans Chocolate Ice Cream, Diced Pears
SUN	Red Potato Hash, Scrambled Eggs Chopped Turkey Sausage Banana Orange Juice/ Milk/ Coffee	Tuna Salad Sandwich on White Chicken Noodle Soup Citrus Mousse Diced Pears	Chopped Chicken Pot Pie Filling Yellow Rice, Broccoli Vanilla Pudding Applesauce with Cinnamon

