

# Mechanical (Dental) Soft

Soft & Bite Sized - Dining on Call Menu

(All items in **Bold Print** require a choice.)

## 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

- Fresh Fruit Cup  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

### 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  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

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## 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

## 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

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

## 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