



Dysphagia Level 5 Minced and Moist Limited Menu

This diet consists of foods with lump size equal to or less than 2mm and are mechanically altered by blending, mincing, chopping, or mashing so that no biting and minimal chewing are required.

Breakfast (Available Anytime)

Scrambled Eggs, Potatoes & Mixed Fruit

(Above items not available à la carte)

Pureed Waffle w/Turkey Sausage & Berries

(Above items not available à la carte)

Oatmeal

Cream of Wheat

Rice Porridge (Plain or Chicken)

Baby Rice Cereal

Greek Yogurt (Vanilla, Strawberry or Plain)

Applesauce

Pureed Peaches or Pears

Cottage Cheese

Baby Food Jars (Served Unheated)

Apple Blueberry Oat

Sweet Potato

Turkey Vegetable

Chicken Gravy

Blended Soups (After 11am)

Chicken Noodle

Savory Creations Broth

(Chicken or Vegetable/Vegetarian)

Vegetarian Blended Soups (After 11am)

Minestrone (Mondays)

Lentil (Tuesdays)

Ribollita (Wednesdays)

Butternut Squash (Thursdays)

Mushroom Barley (Fridays)

Black Bean (Saturdays)

Entrees

Tofu w/ Rice & Vegetables

(Above items not available à la carte)

Chicken Enchilada

Pureed Macaroni & Cheese

Pureed Turkey





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Side Orders

Mashed Potatoes
 Minced Broccoli
 Minced Corn
 Pureed Carrots
 Pureed Mixed Vegetables

Gravies/Sauces (available after 11am)

Demi-Glace
 Gravy (Low Sodium, Vegetarian)
 Teriyaki Sauce
 Cheese Sauce

Beverages

Options vary based on prescribed fluid consistency.

Dessert

Pudding (Chocolate or Diet Vanilla)
 Regular or Sugar-Free Jello*
 (Ask for available flavors)
 Ice Cream (Vanilla* or Chocolate)
 Shakes (Vegan Berry Banana*, Vanilla* or Chocolate)

*Not available for all fluid consistencies

Condiments

Salt
 Pepper
 Mrs. Dash
 Sugar (White or Brown)
 Splenda
 Honey
 Jelly (Regular or Sugar-free)
 Syrup (Regular or Sugar-free)*
 Butter
 Smart Balance Margarine
 Non-Dairy Creamer*
 Ketchup
 Mustard
 Mayonnaise (Regular or Low-fat)
 Hot Sauce
 Soy Sauce
 BBQ Sauce
 Salad Dressing (Ranch or Balsamic Vinegar & Oil* or Olive Oil*)
 Lemon Wedge
 Parmesan Cheese
 Sour Cream
 Mild Salsa

