



This diet consists of only pureed foods. Foods have a smooth texture with no lumps. The food requires no mastication and minimal tongue control.

All items ***except soup & gravies/sauces*** are available all day.

Breakfast

Waffle w/Turkey Sausage & Berries
 (Above items not available à la carte)
 Cream of Wheat
 Plain Rice Porridge
 Baby Rice Cereal
 Greek Yogurt (Vanilla or Plain)
 Applesauce
 Pureed Peaches / Pears

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)

Pureed Entrees & Sides

Macaroni & Cheese
 Turkey
 Mashed Potatoes
 Carrots
 Mixed Vegetables

Gravies/Sauces (After 11am)

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





Dysphagia Level 4 Puree Limited Menu

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 (Berry Banana*, Vanilla* or Chocolate)

*Not available for all fluid consistencies

Condiments

Salt

Pepper

Mrs. Dash

Sugar

Brown Sugar

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

