



Dysphagia Level 6 Soft and Bite Size Limited Menu

This diet consists of foods that have a particle size equal to or less than 15 mm x 15 mm and are easily chewed and swallowed.

Breakfast (Available Anytime)

French Toast w/ Scrambled Eggs and Mixed Berries (items not available a la cart)

Minced Scrambled Eggs, Potato and Mixed Fruit (items not available a la cart)

Pureed Waffle w/ Turkey Sausage and Berries (items not available a la cart)

Oatmeal

Cream of Wheat

Cream of Rice

Plain Juk (Rice Porridge)

Greek Yogurt (Strawberry / Vanilla / Plain)

Snacks

Applesauce

Pureed Peaches / Pears

Cottage Cheese

Baby Food

Apple blueberry oat

Pear zucchini peas

Sweet potato

Beef vegetable quinoa

Chicken vegetable quinoa

Soups

Ask for the Blended Soups of the Day

Blended Chicken Noodle

Broth (Chicken / Vegetable)

Entrees

Chicken Pot Pie

Bite sized Meatloaf

Minced Chicken Enchilada

Minced Tofu w/ Rice & Vegetables

Pureed Macaroni & Cheese

Pureed Turkey

Side Orders

Mashed Potatoes

White or brown Rice

Bite Sized Sweet Potato

Bite Sized Zucchini

Minced Broccoli

Minced Corn

Pureed mixed vegetables

Pureed carrots

Gravies/Sauces (available after 11am)

Chicken Demi Glace

Gravy (Low Sodium Vegetarian)

Teriyaki sauce

Cheese sauce





Beverages

Options vary based on prescribed fluid consistency.

Dessert

Pudding (Chocolate/ Diet Vanilla)

Jello (Orange / Diet Tropical) *

Ice Cream (Vanilla* / Chocolate)

Shakes (Vanilla* / Chocolate / Vegan Banana Berry*)

*Not available for all fluid consistencies

Condiments

Salt & Pepper

Mrs. Dash

Sugar / Brown Sugar / Splenda

Honey

Jelly / Sugar-Free Jelly

Syrup (Regular/Diet)*

Butter

Margarine

Olive Oil

Non-Dairy Creamer*

Ketchup / Mustard / Mayonnaise

Hot Sauce

Soy Sauce

BBQ Sauce

Salad Dressing (Ranch/ Balsamic Vinegar & Oil*)

Lemon Wedge

Parmesan Cheese

Sour Cream

Salsa