

BREAKFAST HOUSE MENU

SUNDAY

Scrambled Eggs, Potato,
Mixed Fruit, Greek Yogurt

MONDAY

Cheese Omelet, French Toast,
Greek Yogurt, Puréed Peaches

TUESDAY

Waffle, Turkey,
Berries, Greek Yogurt

WEDNESDAY

Turkey Sausage, French Toast,
Greek Yogurt, Puréed Pears

THURSDAY

Scrambled Eggs, Potato,
Mixed Fruit, Greek Yogurt

FRIDAY

Cheese Omelet, French Toast,
Greek Yogurt, Puréed Peaches

SATURDAY

Scrambled Eggs, Potato,
Mixed Fruit, Greek Yogurt

Served with Coffee and Milk

BREAKFAST PERSONAL CHOICE*

*Please note: Not all food options are acceptable
for therapeutic diet types

COMBINATION PLATES

Scrambled Eggs, Potatoes,
Mixed Fruit

Waffle, Turkey Sausage,
Berries

HOT ITEMS

Turkey Sausage
Cheese Omelet
French Toast

Our diet clerks know about
your food allergies and
prescribed diet from your
health record. The clerks will
work with you to find menu
items appropriate for your
diet and guide you through
the meal ordering process.

OUR HEALTH & SUSTAINABILITY COMMITMENT:

UCSF Nutrition & Food Services is committed to providing our patients and customers with safe, nutritious food that tastes good. We choose food products that are whole & as unprocessed as possible, preferably locally grown, produced & packaged in a manner that is less detrimental to the environment, free from genetic modification, in consideration of animal welfare & fair-trade standards. Our products are free of trans fats & minimize use of products with high fructose corn syrup. While we are not 100% there, we continuously evaluate and change our products to meet this commitment.

UCSF Health

Nutrition & Food Services

EN-DYSPH-110525 (STA-W1)

UCSF
FRESH

PATIENT MENU AT UCSF STANYAN

DYSPHAGIA DIET

SOFT & BITE SIZED; MINCED & MOIST;
PUREED TEXTURE



You will be served the

HOUSE MENU

unless you call our
nutrition office at

415-750-5988

to order from the

PERSONAL CHOICE* MENU

Please call before:

7:00 PM (night before) ~ for breakfast changes

9:00 AM ~ for lunch changes

2:00 PM ~ for dinner changes



WEEK 1

LUNCH HOUSE MENU

SUNDAY

Chicken Pot Pie, Mixed Vegetables,
Applesauce

MONDAY

Cheese Ravioli, Mixed Vegetables,
Puréed Mixed Berries

TUESDAY

Mac & Cheese, Carrots,
Applesauce

WEDNESDAY

Cheese Ravioli, Mixed Vegetables,
Puréed Peaches

THURSDAY

Turkey, Carrots, Mashed Potatoes
with Gravy, Applesauce

FRIDAY

Chicken Enchilada, Corn,
Puréed Pears

SATURDAY

Mac & Cheese, Zucchini,
Puréed Peaches

Served with Almond Milk

DINNER HOUSE MENU

SUNDAY

Turkey, Broccoli, Sweet Potatoes,
Chocolate Pudding

MONDAY

Chicken Enchilada, Corn,
Diet Vanilla Pudding

TUESDAY

Tofu, Rice, Mixed Vegetables,
Chocolate Pudding

WEDNESDAY

Beef Meatloaf, Zucchini, Sweet
Potatoes, Diet Vanilla Pudding

THURSDAY

Chicken Pot Pie, Broccoli,
Chocolate Pudding

FRIDAY

Tofu, Rice, Mixed Vegetables,
Diet Vanilla Pudding

SATURDAY

Beef Meatloaf, Zucchini,
Mashed Potatoes with Gravy,
Chocolate Pudding

Served with Chamomile Tea
and Soy Milk

LUNCH/DINNER PERSONAL CHOICE*

*Please note: Not all food options are acceptable
for therapeutic diet types

COMBINATION PLATE

Tofu, Rice, and Vegetables

HOT ITEMS

Beef Meatloaf

Chicken Pot Pie

Chicken Enchilada

Turkey

Cheese Ravioli

Mac & Cheese

SIDES

Sweet Potatoes

Corn

Carrots

Zucchini

Mixed Vegetable

Mashed Potatoes

SOUPS

Blended (strained)

Chicken Noodle Soup

Broth (Chicken or Veggie)

FRUIT / DESSERT

Puréed Mixed Berries

Puréed Pears

Puréed Peaches

Applesauce

Chocolate/Diet Vanilla Pudding

Greek Yogurt