



Easy to Chew

This diet is the Regular Diet food cooked to a tender texture for ease of mastication. Foods should be soft and tender and can be cut or broken by the side of a fork or spoon and crushed by the tines of a fork.

*All items are served à la carte. Please ask for sides and condiments.

**We apologize, substitutions and customizations are not accommodated

Breakfast

(Available all day)

Oatmeal

Cream of Wheat

Cream of Rice

Rice Porridge

(Chicken / Vegetarian)

Scrambled Eggs

(Plain / Cheesy)

Eggbeaters

Hard Boiled Egg

Pancakes

(Classic / Chocolate Chip)

Greek Yogurt (Strawberry /
Vanilla / Plain)

Bran Muffin

Soft & Bite-Sized French Toast

Minced & Moist Breakfast Plate

(not available à la carte):

Scrambled Egg, Potatoes,

Mixed Fruit





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Snacks

Banana

Applesauce

Pureed Peaches / Pears

Cottage Cheese

String Cheese

Avocado (half)

Peanut Butter Packet

Uncrustables Peanut Butter &
Jelly Sandwich

Soups

Ask for Blended Soup of the Day

Chicken Noodle

Broth (Chicken / Vegetable)

Entrees & Grill

(Available after 11am)

Beyond Burger, Vegan (no bun)

(Plain / American or Swiss
Cheese)

Macaroni & Cheese

Grass-fed Beef Meatloaf

Salmon (Pan Seared / Steamed
/ Teriyaki)

Tofu (Plain / Teriyaki)

Green Chile Cheese Tamale
(Vegetarian)

Spaghetti or Gluten Free Elbow

Macaroni Noodles (Plain /

Marinara / Meat Sauce)





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Entrees (continued)

Punjabi Saag Paneer
(Vegetarian)

Chana Chaat Masala
(Vegetarian)

Bite-Sized Chicken Pot Pie

Bite-Sized Meatloaf

Sauces / Gravies

Gravy (Low Sodium, Vegetarian)

Chicken Demi-Glace

Teriyaki Sauce

Cheese Sauce

Packets: BBQ / Soy Sauce /
Cholula Hot Sauce / Salsa /
Sour Cream

Side Orders

Tuna Salad (scoop)

Pinto Beans

Mashed Potato (Regular / Dairy-Free)

Rice (White/Brown)

Bite-Sized Sweet Potatoes

Bite-Sized Zucchini

Minced Corn

Minced Broccoli

French Fries

Dessert

Pudding (Chocolate / Diet Vanilla)

Jello (Orange / Diet Tropical)

Ice Cream (Vanilla / Chocolate)

Shakes (Vanilla / Chocolate /
Vegan Banana Berry)

Mini Vanilla Cream Puffs





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Beverages

Juice (Apple / Orange /
Cranberry / Diet Cranberry/
Prune)

Milk (Whole / Low fat /
Chocolate / Lactose Free/
Almond Vanilla/ Soy Vanilla)

Iced Tea (Unsweetened)

Hot Tea (Black / Green /
Chamomile)

Peet's Coffee (Regular / Decaf)

Sparkling Water

Ginger Ale

Diet Soda (Lemon Lime)

Gatorade

Condiments

Non-Dairy Creamer

Salt / Pepper / Mrs. Dash

Honey

Sugar (White / Brown)

Splenda

Jelly (Regular / Sugar-Free)

Syrup (Regular/ Diet)

Butter

Vegan Smart Balance Margarine

Olive Oil

Salad Dressing (Ranch /
Balsamic Vinegar & Oil)

Parmesan Cheese

Lemon Wedge

