

Dysphagia Level 4 Puree Limited Menu

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





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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

