



## 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.

### Breakfast (Available all day)

Oatmeal  
 Cream of Wheat  
 Cream of Rice  
 Plain Juk (Rice Porridge)  
 Scrambled Eggs (Plain / Cheesy)  
 Scrambled Eggbeaters  
 Hard Boiled Egg  
 Pancakes (Classic / Chocolate Chip)  
 Greek Yogurt (Strawberry / Vanilla / Plain)  
 Bran Muffin  
 Bite Sized Breakfast Plate: French Toast +  
 Cheesy Omelet + Pineapple

### Snacks

Banana  
 Applesauce  
 Pureed Peaches / Pears  
 Cottage Cheese  
 String Cheese

### Grill (Available after 10AM)

Beyond Burger vegan (no bun) (Plain /  
 American, or Swiss Cheese)

### Sandwiches

Uncrustable Peanut butter and Jelly

### Soups

Ask for the Blended Soups of the Day  
 Chicken Noodle  
 Broth (Chicken / Vegetable)

### Entrees (Available after 11AM)

Macaroni and Cheese  
 Grass fed Beef Meatloaf  
 Salmon (Pan Seared / Steamed / Teriyaki)  
 Tofu (Plain / Teriyaki)  
 Chicken Tamale  
 Spaghetti (Plain/ Marinara / Meat Sauce)  
 Gluten Free Elbow Noodles (Plain / Marinara / Meat  
 Sauce)  
 Bite Sized Chicken Pot Pie  
 Bite Sized Meatloaf  
 Tuna salad (scoop)

### Sauces / Gravies

Gravy (Low Sodium Vegetarian)  
 Chicken Demi Glace sauce  
 Teriyaki sauce  
 Cheese sauce





### **Side Orders**

Pinto Beans  
Mashed Potatoes  
White Rice  
Brown Rice  
Bite Sized Sweet Potatoes  
Bite Sized Zucchini  
Minced Corn  
Minced Broccoli  
French Fries

### **Beverages**

Juice (Apple / Orange / Cranberry / Prune)  
Milk (Whole / Low fat / Chocolate / Lactose Free)  
Organic Almond Milk  
Soy Milk  
Ginger Ale  
Iced Tea  
Hot Tea (Black / Green / Chamomile)  
Peet's Coffee (Regular / Decaf)  
Sparkling Water  
Diet Soda (Lemon Lime)  
Gatorade

### **Dessert**

Pudding (Chocolate / Diet Vanilla)  
Jello (Orange / Diet Tropical)  
Ice Cream (Vanilla / Chocolate)  
Shakes (Vanilla / Chocolate / Vegan Banana Berry)  
Mini Cream Puffs

### **Condiments**

Salt & Pepper  
Mrs. Dash  
Sugar / Brown Sugar / Splenda  
Honey  
Jelly / Sugar-Free Jelly  
Syrup (Diet / Regular)  
Butter  
Vegan Smart Balance 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  
Peanut Butter