



Dysphagia Level 5 Minced and Moist Limited Menu

This diet consists of foods with lump size equal to or less than 2mm and are mechanically altered by blending, mincing, chopping, or mashing so that no biting and minimal chewing are required.

Breakfast (Available Anytime)

Western Omelet w/ Turkey Sausage and Potatoes (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 or Pears

Cottage Cheese

Baby Food

Apple blueberry oat

Pear zucchini peas

Sweet potato mango carrot

Beef vegetable quinoa

Chicken vegetable quinoa

Soups

Ask for the Blended Soups of the Day

Blended Chicken Noodle

Broth (Chicken / Vegetable)

Entrees

Chicken Enchilada

Tofu w/ Rice & Vegetables (items not available a la cart)

Pureed Macaroni & Cheese

Pureed Turkey

Side Orders

Mashed Potatoes

Minced Broccoli

Minced Corn

Pureed Carrots

Pureed Mixed Vegetables

Gravies/Sauces (available after 11am)

Chicken Demi Glace

Gravy (Low Sodium Vegetarian)

Teriyaki sauce

Cheese sauce



**Beverages**

Options vary based on prescribe 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 (Diet / Regular)*
Butter
Vegan Smart Balance Margarine
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