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