



## 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 available all day.

#### Breakfast

Waffle w/ Turkey Sausage and Berries  
(items not available a la cart)

Cream of Wheat  
Cream of Rice  
Plain Juk (Rice Porridge)  
Greek Yogurt (Vanilla / Plain)

#### Snacks

Applesauce  
Pureed Peaches / Pears

#### Baby Food

Apple blueberry oat  
Pear zucchini peas  
Sweet potato mango carrot

#### Soups (available after 11am)

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

#### Entrees

Pureed Macaroni & Cheese  
Pureed Turkey

#### Side Orders

Mashed Potatoes  
Pureed Carrots  
Pureed Mixed Vegetables

#### Gravies/Sauces (available after 11am)

Chicken Demi Glace  
Gravy (Low Sodium Vegetarian)  
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)

\*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

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