



## Dysphagia Level 6 Soft and Bite Size Limited Menu

This diet consists of foods that have a particle size equal to or less than 15 mm x 15 mm and are easily chewed and swallowed.

### Breakfast (Available Anytime)

French Toast w/ Cheesy Omelet and Pineapple (items not available a la cart)

Minced 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 / 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 Pot Pie

Bite sized Meatloaf

Minced Chicken Enchilada

Minced Tofu w/ Rice & Vegetables

Pureed Macaroni & Cheese

Pureed Turkey

### Side Orders

Mashed Potatoes

White or brown Rice

Bite Sized Sweet Potato

Bite Sized Zucchini

Minced Broccoli

Minced Corn

Pureed mixed vegetables

Pureed carrots

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

Chicken Demi Glace

Gravy (Low Sodium Vegetarian)

Teriyaki sauce

Cheese sauce





### **Beverages**

Options vary based on prescribed 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 (Regular/Diet)\*

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