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