

Minced & Moist Chef Special (Dysphagia 2/Mechanically Altered)

Monday

Breakfast: Pureed peach French toast, scrambled egg, light yogurt

Lunch: Minced chicken with gravy, mashed potatoes, pureed broccoli, pureed potato shallot soup

Dinner: Minced beef with gravy, mashed potatoes, pureed carrots, sherbet

Tuesday

Breakfast: Scrambled eggs, oatmeal with brown sugar

Lunch: Minced beef with gravy, pureed carrots, applesauce, cream of chicken soup

Dinner: Minced salmon with gravy, garlic mashed potatoes, pureed broccoli, frozen custard

Wednesday

Breakfast: Cheddar cheese egg white omelet, Cream of Wheat®, pureed mixed berries

Lunch: Minced turkey with gravy, pureed peas, mashed sweet potatoes, pureed Italian wedding soup

Dinner: Minced chicken with gravy, mashed potatoes, pureed broccoli, pudding

Thursday

Breakfast: Scrambled eggs, pureed sausage, Greek yogurt, applesauce

Lunch: Minced beef with gravy, mashed sweet potatoes, pureed green beans, applesauce, pureed Italian sausage soup

Dinner: Minced turkey with gravy, mashed potatoes, pureed carrots, sherbet

Friday

Breakfast: Pureed omelet, oatmeal with brown sugar, light yogurt

Lunch: Minced chicken with BBQ sauce, pureed green beans, mashed sweet potatoes, poblano black bean soup

Dinner: Minced salmon with gravy, mashed potatoes, pureed broccoli, peanut butter whip

Saturday

Breakfast: Scrambled eggs, pureed peach French toast, pureed sausage, applesauce

Lunch: Chicken salad, pureed peas, pureed mixed berries, pureed broccoli cheddar soup

Dinner: Minced beef with gravy, mashed potatoes, pureed green beans, sherbet

Sunday

Breakfast: Scrambled eggs, pureed sausage, oatmeal with brown sugar, Greek yogurt

Lunch: Minced turkey with gravy, pureed broccoli, mashed sweet potatoes, pureed peaches, pureed tomato basil soup

Dinner: Minced beef with gravy, pureed green beans, mashed potatoes, frozen custard



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER