

Soft & Bite-Sized Chef Special (Dysphagia 3/Mechanical Soft)

Monday

Breakfast: Pureed peach French toast, scrambled eggs, turkey sausage, light yogurt

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

Dinner: Penne with marinara, minced beef, peas, sherbet

Tuesday

Breakfast: Scrambled eggs, turkey sausage, oatmeal with brown sugar

Lunch: Minced beef with gravy, steamed carrots, applesauce, diced peaches, cream of chicken soup

Dinner: Grilled salmon, mashed potatoes, pureed broccoli, frozen custard

Wednesday

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

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

Dinner: Penne with marinara, minced chicken with marinara, pureed broccoli, pudding

Thursday

Breakfast: Hash brown casserole, scrambled eggs, diced peaches, Greek yogurt

Lunch: Hamburger patty, roasted sweet potatoes, peas, applesauce, pureed Italian sausage soup

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

Friday

Breakfast: Cheddar cheese egg white omelet, turkey sausage, oatmeal with brown sugar, light yogurt

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

Dinner: Grilled salmon, macaroni and cheese, pureed broccoli, peanut butter whip

Saturday

Breakfast: Cheesy scrambled eggs, pureed peach French toast, oatmeal, banana

Lunch: Chicken salad, peas, diced peaches, pureed broccoli cheddar soup

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

Sunday

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

Lunch: Hamburger patty, pureed broccoli, diced peaches, pureed tomato basil soup

Dinner: Minced pot roast and gravy, pureed carrots, roasted sweet potatoes, frozen custard



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