



RD: \_\_\_\_\_  
*Jan M Galluath*

**Breakfast**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juice of Choice Egg of Choice Bacon Biscuit Milk of Choice, 8oz Coffee Salt/Pepper Margarine	Juice of Choice Sausage Patty Pancakes Milk of Choice, 8oz Coffee Salt/Pepper Margarine Syrup	Juice of Choice Egg of Choice Cereal of Choice Toast Milk of Choice, 8oz Coffee Margarine Salt/Pepper	Juice of Choice Scrambled Egg Biscuit & Gravy* Cereal of Choice Toast Milk of Choice, 8oz Coffee Salt/Pepper Margarine Jelly	Juice of Choice Cereal of Choice Toast* Milk of Choice, 8oz Beverage of Choice Margarine Salt/Pepper Syrup	Juice of Choice Egg of Choice Breakfast Meat Toast Milk of Choice, 8oz Coffee Salt/Pepper Margarine Jelly	Juice of Choice Bacon Cereal of Choice Toast* Milk of Choice, 8oz Coffee Margarine Syrup

**Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ham Glazed Baked Sweet Potato Seasoned Carrots Dinner Roll Margarine	Turkey Savory Roasted Mashed Potatoes w/ Gravy Seasoned Green Peas Dinner Roll	Chicken BBQ Macaroni & Cheese Summer Squash Biscuit Margarine	Grilled Steak Sandwich* Italian Green Beans Tossed Salad w/ Dressing Garlic Bread Seasonal Fresh Fruit	Meatloaf Homestyle Vermicelli Buttered Carrots Dinner Roll Margarine	Fish Crunchy Fried Tater Tots Tossed Salad w/ Dressing Dinner Roll Margarine	Pork BBQ Riblette Baked Beans Capri Vegetables Bun

**Supper**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beef BBQ Sandwich Baked Beans Coleslaw Ice Cream	Lasagna Italian Style Cup of Fruit Tossed Salad w/ Dressing Garlic Bread	Cool Tuna Salad on Bed of Lettuce Chips Kettle* Cottage Cheese w/Fruit Plate	Turkey Ranch Wrap French Fries Mixed Vegetables	Pork Pulled Waffle Cut Potatoes Coleslaw Cornbread	Egg Salad on Croissant Pasta Salad Creamy Cucumbers	Meatball Hoagie* French Fries* Fresh Fruit, Seasonal* Bun*



Day: Sunday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Egg of Choice 2 sl Bacon 1 Biscuit 1 ea Milk of Choice, 8oz 8 oz Coffee 1 ea Salt/Pepper 1 pkt Margarine					
Lunch	3 oz Ham Glazed 1 Baked Sweet Potato 4 oz Seasoned Carrots 1 Dinner Roll 1 pkt Margarine					
Supper	3 oz Beef BBQ Sandwich 4 oz Baked Beans 4 oz Coleslaw 4 oz Ice Cream					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
 Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid  
 Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky  
 Liquidized: Can be drank from a cup; smooth texture w/ no bits  
 Mechanical Soft: Ground/chopped Meats.  
 Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
 (Each level may require individualized Adjustments)

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:  
  
 Vegetable:  
  
 Other:

**Supper Alternatives:**

Meat:  
  
 Vegetable:  
  
 Other:



*Jan M Galluath*

Day: Monday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Sausage Patty 2 ea Pancakes 1 ea Milk of Choice, 8oz 8 oz Coffee 1 ea Salt/Pepper 1 pkt Margarine 1 pkt Syrup					
Lunch	3 oz Turkey Savory Roasted 4 oz Mashed Potatoes w/ Gravy 4 oz Seasoned Green Peas 1 Dinner Roll					
Supper	6 oz Lasagna Italian Style 4 oz Cup of Fruit 4 oz Tossed Salad w/ Dressing 1 sl Garlic Bread					

Regular: No restrictions

Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones

Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid

Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid

Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky

Liquidized: Can be drank from a cup; smooth texture w/ no bits

Mechanical Soft: Ground/chopped Meats.

Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
(Each level may require individualized Adjustments)

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Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:



**ASSISTED DINING SOLUTIONS**

**2022 Spring/Summer Menus**

Week: 1

Print Date: 05/10/2022

RD: \_\_\_\_\_  
*Jan M Galluath*  
 \_\_\_\_\_

Day: Tuesday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Egg of Choice 6 oz Cereal of Choice 1 sl Toast 1 ea Milk of Choice, 8oz 8 oz Coffee 1 pkt Margarine 1 ea Salt/Pepper					
Lunch	3 oz Chicken BBQ 4 oz Macaroni & Cheese 4 oz Summer Squash 1 Biscuit 1 pkt Margarine					
Supper	3 oz Cool Tuna Salad on Bed of Lettuce 1 oz Chips Kettle* 6 oz Cottage Cheese w/Fruit Plate					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
 Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid  
 Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky  
 Liquidized: Can be drank from a cup; smooth texture w/ no bits  
 Mechanical Soft: Ground/chopped Meats.  
 Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
 (Each level may require individualized Adjustments)

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:  
  
  
 Vegetable:  
  
  
 Other:

**Supper Alternatives:**

Meat:  
  
  
 Vegetable:  
  
  
 Other:



Day: Wednesday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Scrambled Egg 2 oz Biscuit & Gravy* 6 oz Cereal of Choice 1 sl Toast 1 ea Milk of Choice, 8oz 8 oz Coffee 1 ea Salt/Pepper 1 pkt Margarine 1 pkt Jelly					
Lunch	1 ea Grilled Steak Sandwich* 4 oz Italian Green Beans 4 oz Tossed Salad w/ Dressing 1 sl Garlic Bread 4 oz Seasonal Fresh Fruit					
Supper	3 oz Turkey Ranch Wrap 4 oz French Fries 4 oz Mixed Vegetables					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
 Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid  
 Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky  
 Liquidized: Can be drank from a cup; smooth texture w/ no bits  
 Mechanical Soft: Ground/chopped Meats.  
 Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
 (Each level may require individualized Adjustments)

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:  
  
  
 Vegetable:  
  
  
 Other:

**Supper Alternatives:**

Meat:  
  
  
 Vegetable:  
  
  
 Other:



Day: Thursday

Regular						
Breakfast	4 oz Juice of Choice 6 oz Cereal of Choice 1 sl Toast* 1 ea Milk of Choice, 8oz 8 oz Beverage of Choice 1 pkt Margarine 1 ea Salt/Pepper 1 pkt Syrup					
Lunch	3 oz Meatloaf Homestyle 4 oz Vermicelli 4 oz Buttered Carrots 1 Dinner Roll 1 pkt Margarine					
Supper	3 oz Pork Pulled 4 oz Waffle Cut Potatoes 4 oz Coleslaw 1 sq Cornbread					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
 Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid  
 Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky  
 Liquidized: Can be drank from a cup; smooth texture w/ no bits  
 Mechanical Soft: Ground/chopped Meats.  
 Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
 (Each level may require individualized Adjustments)

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:  
  
  
 Vegetable:  
  
  
 Other:

**Supper Alternatives:**

Meat:  
  
  
 Vegetable:  
  
  
 Other:



Day: Friday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Egg of Choice 2 oz Breakfast Meat 1 sl Toast 1 ea Milk of Choice, 8oz 8 oz Coffee 1 ea Salt/Pepper 1 pkt Margarine 1 pkt Jelly					
	3 oz Fish Crunchy Fried 4 oz Tater Tots 4 oz Tossed Salad w/ Dressing 1 Dinner Roll 1 pkt Margarine					
	1 Egg Salad on Croissant 4 oz Pasta Salad 4 oz Creamy Cucumbers					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
 Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid  
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 (Each level may require individualized Adjustments)

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Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:



Day: Saturday

Regular						
Breakfast	4 oz Juice of Choice 2 sl Bacon 6 oz Cereal of Choice 1 sl Toast* 1 ea Milk of Choice, 8oz 8 oz Coffee 1 pkt Margarine 1 pkt Syrup					
Lunch	3 oz Pork BBQ Riblette 4 oz Baked Beans 4 oz Capri Vegetables 1 ea Bun					
Supper	1 ea Meatball Hoagie* 4 oz French Fries* 4 oz Fresh Fruit, Seasonal* 1 ea Bun*					

Regular: No restrictions

Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones

Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid

Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid

Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky

Liquidized: Can be drank from a cup; smooth texture w/ no bits

Mechanical Soft: Ground/chopped Meats.

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:





RD: \_\_\_\_\_  
*Jan M Galluath*

**Breakfast**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juice of Choice Breakfast Meat* Cereal of Choice Toast* Milk of Choice, 8oz Coffee Salt/Pepper Margarine Jelly	Juice of Choice Bacon Cereal of Choice Pancakes Milk of Choice, 8oz Coffee Salt/Pepper Margarine Syrup	Juice of Choice Egg of Choice Breakfast Meat* Cereal of Choice Toast* Milk of Choice, 8oz Coffee Salt/Pepper Margarine	Juice of Choice Egg of Choice Breakfast Meat Cereal of Choice Toast Coffee Milk of Choice, 8oz Margarine Jelly Salt/Pepper	Juice of Choice Bacon Cereal of Choice Toast* Milk of Choice, 8oz Coffee Margarine Syrup Salt/Pepper	Juice of Choice Scrambled Egg Sausage Cereal of Choice Toast Milk of Choice, 8oz Coffee Margarine Jelly Salt/Pepper	Juice of Choice Bacon Cereal of Choice Toast* Milk of Choice, 8oz Coffee Margarine Salt/Pepper

**Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Turkey Breast Slices w/ Herb Dressing Mashed Potatoes w/ Gravy Buttered Succotash Dinner Roll Margarine	Spaghetti Sauce w/Meat Spaghetti Noodles Tossed Salad w/ Dressing Broccoli* Garlic Bread	Beef Cube Steak Fluffy Steamed Rice Seasoned Zucchini Dinner Roll Margarine	Pot Roast w/Gravy* Oven Browned Potatoes Buttered Carrots* Dinner Roll	Chicken Breast Filet Potato Casserole* Fried Squash* Dinner Roll	Fish Crumb Topped Macaroni & Cheese Coleslaw* Dinner Roll	Chicken Fettuccini* Italian Green Beans Tossed Salad w/ Dressing Garlic Bread

**Supper**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sloppy Joe Tomato Wedges* Pasta Vegetable Salad* Sliced Peaches	BLT Sandwich Fruit & Cottage Cheese Carrot/Raisin Salad	Chicken Patty Au Gratin Potato Broccoli Bun*	Hot Dog with Bun* Beans Baked* Chips Potato*	Bratwurst on Bun* Macaroni Salad* Buttered Corn*	Pork Loin Honey Dijon* Garden Rice Vegetable Blend Dinner Roll	Club Sandwich* Pasta Salad* Tomato Wedges*



Day: Sunday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Breakfast Meat* 6 oz Cereal of Choice 1 sl Toast* 1 ea Milk of Choice, 8oz 8 oz Coffee 1 ea Salt/Pepper 1 pkt Margarine 1 pkt Jelly					
Lunch	3 oz Turkey Breast Slices w/ Herb Dressing 4 oz Mashed Potatoes w/ Gravy 4 oz Buttered Succotash 1 Dinner Roll 1 pkt Margarine					
Supper	3 oz Sloppy Joe 4 ea Tomato Wedges* 4 oz Pasta Vegetable Salad* 4 oz Sliced Peaches					

Regular: No restrictions

Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones

Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid

Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid

Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky

Liquidized: Can be drank from a cup; smooth texture w/ no bits

Mechanical Soft: Ground/chopped Meats.

Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
 (Each level may require individualized Adjustments)

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:



Day: Monday

Regular						
Breakfast	4 oz Juice of Choice 2 sl Bacon 6 oz Cereal of Choice 2 ea Pancakes 1 ea Milk of Choice, 8oz 8 oz Coffee 1 ea Salt/Pepper 1 pkt Margarine 1 pkt Syrup					
Lunch	6 oz Spaghetti Sauce w/Meat 4 oz Spaghetti Noodles 4 oz Tossed Salad w/ Dressing 4 oz Broccoli* 1 sl Garlic Bread					
Supper	1 BLT Sandwich 8 oz Fruit & Cottage Cheese 4 oz Carrot/Raisin Salad					

Regular: No restrictions

Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones

Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid

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**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:



Day: Tuesday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Egg of Choice 2 oz Breakfast Meat* 6 oz Cereal of Choice 1 sl Toast* 1 ea Milk of Choice, 8oz 8 oz Coffee 1 ea Salt/Pepper 1 pkt Margarine					
Lunch	3 oz Beef Cube Steak 4 oz Fluffy Steamed Rice 4 oz Seasoned Zucchini 1 Dinner Roll 1 pkt Margarine					
Supper	3 oz Chicken Patty 4 oz Au Gratin Potato 4 oz Broccoli 1 ea Bun*					

Regular: No restrictions

Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones

Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid

Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid

Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky

Liquidized: Can be drank from a cup; smooth texture w/ no bits

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:



Day: Wednesday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Egg of Choice 2 oz Breakfast Meat 6 oz Cereal of Choice 1 sl Toast 8 oz Coffee 1 ea Milk of Choice, 8oz 1 pkt Margarine 1 pkt Jelly 1 ea Salt/Pepper					
	3 oz Pot Roast w/Gravy* 4 oz Oven Browned Potatoes 4 oz Buttered Carrots* 1 Dinner Roll					
	3 oz / bun Hot Dog with Bun* 4oz Beans Baked* 1 oz Chips Potato*					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
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**Lunch Alternatives:**  
 Meat:  
  
 Vegetable:  
  
 Other:

**Supper Alternatives:**  
 Meat:  
  
 Vegetable:  
  
 Other:



Day: Thursday

Regular						
Breakfast	4 oz Juice of Choice 2 sl Bacon 6 oz Cereal of Choice 1 sl Toast* 1 ea Milk of Choice, 8oz 8 oz Coffee 1 pkt Margarine 1 pkt Syrup 1 ea Salt/Pepper					
	3 oz Chicken Breast Filet 4 oz Potato Casserole* 4 oz Fried Squash* 1 Dinner Roll					
	3 oz Bratwurst on Bun* 4 oz Macaroni Salad* 4 oz Buttered Corn*					
Lunch						
Supper						

Regular: No restrictions

Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones

Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid

Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid

Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:



Day: Friday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Scrambled Egg 2 oz Sausage 6 oz Cereal of Choice 1 sl Toast 1 ea Milk of Choice, 8oz 8 oz Coffee 1 pkt Margarine 1 pkt Jelly 1 ea Salt/Pepper					
Lunch	3 oz Fish Crumb Topped 4 oz Macaroni & Cheese 4 oz Coleslaw* 1 Dinner Roll					
Supper	3 oz Pork Loin Honey Dijon* 4 oz Garden Rice 4 oz Vegetable Blend 1 Dinner Roll					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
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**Lunch Alternatives:**

Meat:  
  
  
 Vegetable:  
  
  
 Other:

**Supper Alternatives:**

Meat:  
  
  
 Vegetable:  
  
  
 Other:



Day: Saturday

Regular						
Breakfast	4 oz Juice of Choice 2 sl Bacon 6 oz Cereal of Choice 1 sl Toast* 1 ea Milk of Choice, 8oz 8 oz Coffee 1 pkt Margarine 1 ea Salt/Pepper					
Lunch	6 oz Chicken Fettuccini* 4 oz Italian Green Beans 4 oz Tossed Salad w/ Dressing 1 sl Garlic Bread					
Supper	3 oz Club Sandwich* 4 oz Pasta Salad* 4 ea Tomato Wedges*					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
 Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid  
 Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky  
 Liquidized: Can be drank from a cup; smooth texture w/ no bits  
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 Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:  
  
  
 Vegetable:  
  
  
 Other:

**Supper Alternatives:**

Meat:  
  
  
 Vegetable:  
  
  
 Other:





RD: \_\_\_\_\_  
*Jan M Galluath*

**Breakfast**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juice of Choice Scrambled Egg Cereal of Choice Toast* Milk of Choice, 8oz Coffee Margarine Jelly Salt/Pepper	Juice of Choice Sausage Cereal of Choice Pancakes Milk of Choice, 8oz Coffee Margarine Syrup Salt/Pepper	Juice of Choice Scrambled Egg Bacon Cereal of Choice Toast* Milk of Choice, 8oz Margarine Salt/Pepper	Juice of Choice Egg of Choice Breakfast Meat Cereal of Choice Toast Milk of Choice, 8oz Beverage of Choice Margarine Jelly Salt/Pepper	Juice of Choice Bacon Cereal of Choice Toast* Milk of Choice, 8oz Coffee Margarine Syrup	Juice of Choice Egg of Choice Sausage Link Toast Milk of Choice, 8oz Margarine Jelly Salt/Pepper	Juice of Choice Egg of Choice Bacon Toast* Milk of Choice, 8oz Coffee Margarine

**Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Roast Beef Couscous Sliced Carrots Dinner Roll Cream Pie Beverage of Choice	Chicken Sweet & Sour Fluffy Steamed Rice Oriental Vegetables Egg Roll	Pork Cutlet Baked Barley w/Mushrooms Green Beans Dinner Roll	Meatloaf Baked Creamed Corn Seasoned Spinach Dinner Roll	Turkey Sliced w/ Gravy Buttered Noodles Pearle Onions & Sweet Peas* Dinner Roll	Fish Battered Tater Tots Creamy Cucumbers Hushpuppies	Ravioli Baked w/ Pasta Sauce Italian Green Beans Garlic Bread

**Supper**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Turkey Sandwich Macaroni Salad Three Bean Salad Seasonal Fresh Fruit	Cheeseburger French Fries Lettuce/Tomato/Onion/Pickle Fresh Fruit, Seasonal	Patty Melt* Pasta Vegetable Salad Green Pea Salad	Chicken Salad Croissant* Mixed Baby Green Salad Fruit Salad	Macaroni Beef Bake Tossed Salad w/ Dressing Fruit Cocktail	Pork Medallions Quinoa Asparagus Dinner Roll	Meatball Hoagie Potato Salad Marinated Tomato Salad



Day: Sunday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Scrambled Egg 6 oz Cereal of Choice 1 sl Toast* 1 ea Milk of Choice, 8oz 8 oz Coffee 1 pkt Margarine 1 pkt Jelly 1 ea Salt/Pepper					
	3 oz Roast Beef 4 oz Couscous 4 oz Sliced Carrots 1 Dinner Roll 1 sl Cream Pie 8 oz Beverage of Choice					
	3 oz Turkey Sandwich 4 oz Macaroni Salad 4 oz Three Bean Salad 4 oz Seasonal Fresh Fruit					

Regular: No restrictions

Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones

Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid

Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid

Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky

Liquidized: Can be drank from a cup; smooth texture w/ no bits

Mechanical Soft: Ground/chopped Meats.

Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew (Each level may require individualized Adjustments)

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**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:



Day: Monday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Sausage 6 oz Cereal of Choice 2 ea Pancakes 1 ea Milk of Choice, 8oz 8 oz Coffee 1 pkt Margarine 1 pkt Syrup 1 ea Salt/Pepper					
Lunch	3 oz Chicken Sweet & Sour 4 oz Fluffy Steamed Rice 4 oz Oriental Vegetables 1 Egg Roll					
Supper	3 oz Cheeseburger 4 oz French Fries 4 oz Lettuce/Tomato/Onion/Pickle 4 oz Fresh Fruit, Seasonal					

Regular: No restrictions

Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones

Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:



Day: Tuesday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Scrambled Egg 2 sl Bacon 6 oz Cereal of Choice 1 sl Toast* 1 ea Milk of Choice, 8oz 1 pkt Margarine 1 ea Salt/Pepper					
Lunch	3 oz Pork Cutlet Baked 4 oz Barley w/Mushrooms 4 oz Green Beans 1 Dinner Roll					
Supper	3 oz Patty Melt* 4 oz Pasta Vegetable Salad 4 oz Green Pea Salad					

Regular: No restrictions

Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones

Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid

Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid

Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky

Liquidized: Can be drank from a cup; smooth texture w/ no bits

Mechanical Soft: Ground/chopped Meats.

Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
(Each level may require individualized Adjustments)

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:



Day: Wednesday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Egg of Choice 2 oz Breakfast Meat 6 oz Cereal of Choice 1 sl Toast 1 ea Milk of Choice, 8oz 8 oz Beverage of Choice 1 pkt Margarine 1 pkt Jelly 1 ea Salt/Pepper					
	3 oz Meatloaf Baked 4 oz Creamed Corn 4 oz Seasoned Spinach 1 Dinner Roll					
	3 oz Chicken Salad Croissant* 4 oz Mixed Baby Green Salad 4 oz Fruit Salad					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
 Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid  
 Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky  
 Liquidized: Can be drank from a cup; smooth texture w/ no bits  
 Mechanical Soft: Ground/chopped Meats.  
 Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
 (Each level may require individualized Adjustments)

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Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:



Day: Thursday

Regular						
Breakfast	4 oz Juice of Choice 2 sl Bacon 6 oz Cereal of Choice 1 sl Toast* 1 ea Milk of Choice, 8oz 8 oz Coffee 1 pkt Margarine 1 pkt Syrup					
	3oz Turkey Sliced w/ Gravy 4 oz Buttered Noodles 4 oz Pearle Onions & Sweet Peas* 1 Dinner Roll					
	8 oz Macaroni Beef Bake 4 oz Tossed Salad w/ Dressing 4 oz Fruit Cocktail					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
 Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid  
 Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky  
 Liquidized: Can be drank from a cup; smooth texture w/ no bits  
 Mechanical Soft: Ground/chopped Meats.  
 Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
 (Each level may require individualized Adjustments)

**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.



Day: Friday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Egg of Choice 2 oz Sausage Link 1 sl Toast 1 ea Milk of Choice, 8oz 1 pkt Margarine 1 pkt Jelly 1 ea Salt/Pepper					
	3 oz Fish Battered 4 oz Tater Tots 4 oz Creamy Cucumbers 2 Hushpuppies					
	3 oz Pork Medallions 4 oz Quinoa 4 oz Asparagus 1 Dinner Roll					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
 Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid  
 Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky  
 Liquidized: Can be drank from a cup; smooth texture w/ no bits  
 Mechanical Soft: Ground/chopped Meats.  
 Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
 (Each level may require individualized Adjustments)

**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.



Day: Saturday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Egg of Choice 2 sl Bacon 1 sl Toast* 1 ea Milk of Choice, 8oz 8 oz Coffee 1 pkt Margarine					
Lunch	6 oz Ravioli Baked w/ Pasta Sauce 4 oz Italian Green Beans 1 sl Garlic Bread					
Supper	1 ea Meatball Hoagie 4 oz Potato Salad 4 oz Marinated Tomato Salad					

Regular: No restrictions

Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones

Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid

Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid

Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky

Liquidized: Can be drank from a cup; smooth texture w/ no bits

Mechanical Soft: Ground/chopped Meats.

Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew (Each level may require individualized Adjustments)

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:





RD: \_\_\_\_\_  
*Jan M Galluath*

**Breakfast**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juice of Choice Breakfast Meat* Cereal of Choice Toast* Milk of Choice, 8oz Coffee Margarine Salt/Pepper	Juice of Choice Bacon Cereal of Choice Pancakes Milk of Choice, 8oz Beverage of Choice Margarine Syrup	Juice of Choice Egg of Choice Breakfast Meat* Toast Milk of Choice, 8oz Beverage of Choice Salt/Pepper Margarine Jelly	Juice of Choice Egg of Choice Breakfast Meat* Cereal of Choice Toast Milk of Choice, 8oz Coffee Margarine Jelly Salt/Pepper	Juice of Choice Bacon Cereal of Choice Toast* Milk of Choice, 8oz Coffee Margarine Syrup	Juice of Choice Scrambled Egg Breakfast Meat Cereal of Choice Toast Milk of Choice, 8oz Coffee Margarine Jelly Salt/Pepper	Juice of Choice Egg of Choice* Breakfast Meat* Cereal of Choice Toast Milk of Choice, 8oz Coffee Margarine Jelly Salt/Pepper

**Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chicken Oven Fried Mashed Potatoes w/ Gravy Glazed Carrots Dinner Roll	Pork Loin w/ Herbs Couscous Vegetable Medley Corn Bread Square	Open Faced Roast Beef Sandwich with Gravy Potato Chips Tossed Salad w/ Dressing Biscuit	Manicotti w/Sauce Greens Mixed Marinated Tomato Salad Dinner Roll	Pork Chop Savory Rice Pilaf Lima Beans Dinner Roll	Fish w/ Lemon Pepper Baked Potato Mixed Vegetables Dinner Roll	Meatballs/Mushroom Gravy Savory Noodles Prince Edward Veg Dinner Roll

**Supper**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tuna Noodle Casserole Creamy Cucumbers Biscuit	Pizza Greens Mixed Fresh Fruit, Seasonal Garlic Bread*	Pork BBQ Riblette Rings, Onion Green Beans	Turkey & Swiss Sandwich Macaroni & Tomatoes Bean Salad Dinner Roll	Cheeseburger Tater Tots Tossed Salad Fresh Fruit, Seasonal*	Bratwurst Beans Baked Sauerkraut Bun	Chicken Patty Sandwich French Fries Pickled Beets Dinner Roll



Day: Sunday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Breakfast Meat* 6 oz Cereal of Choice 1 sl Toast* 1 ea Milk of Choice, 8oz 8 oz Coffee 1 pkt Margarine 1 ea Salt/Pepper					
	3 oz Chicken Oven Fried 4 oz Mashed Potatoes w/ Gravy 4 oz Glazed Carrots 1 Dinner Roll					
	6 oz Tuna Noodle Casserole 4 oz Creamy Cucumbers 1 Biscuit					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
 Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid  
 Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky  
 Liquidized: Can be drank from a cup; smooth texture w/ no bits  
 Mechanical Soft: Ground/chopped Meats.  
 Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
 (Each level may require individualized Adjustments)

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:  
  
Vegetable:  
  
Other:

**Supper Alternatives:**

Meat:  
  
Vegetable:  
  
Other:



Day: Monday

Regular						
Breakfast	4 oz Juice of Choice 2 sl Bacon 6 oz Cereal of Choice 2 ea Pancakes 1 ea Milk of Choice, 8oz 8 oz Beverage of Choice 1 pkt Margarine 1 pkt Syrup					
Lunch	3 oz Pork Loin w/ Herbs 4 oz Couscous 4 oz Vegetable Medley 1 Corn Bread Square					
Supper	1 sl Pizza 4 oz Greens Mixed 4 oz Fresh Fruit, Seasonal 1 sl Garlic Bread*					

Regular: No restrictions

Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones

Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid

Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid

Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky

Liquidized: Can be drank from a cup; smooth texture w/ no bits

Mechanical Soft: Ground/chopped Meats.

Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
(Each level may require individualized Adjustments)

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:



Day: Tuesday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Egg of Choice 2 oz Breakfast Meat* 1 sl Toast 1 ea Milk of Choice, 8oz 8 oz Beverage of Choice 1 ea Salt/Pepper 1 pkt Margarine 1 pkt Jelly					
Lunch	1 ea Open Faced Roast Beef Sandwich with Gravy 1 oz Potato Chips 4 oz Tossed Salad w/ Dressing 1 Biscuit					
Supper	3 oz Pork BBQ Riblette 4 oz Rings, Onion 4 oz Green Beans					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
 Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid  
 Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky  
 Liquidized: Can be drank from a cup; smooth texture w/ no bits  
 Mechanical Soft: Ground/chopped Meats.  
 Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
 (Each level may require individualized Adjustments)

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:  
  
  
 Vegetable:  
  
  
 Other:

**Supper Alternatives:**

Meat:  
  
  
 Vegetable:  
  
  
 Other:



Day: Wednesday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Egg of Choice 2 oz Breakfast Meat* 6 oz Cereal of Choice 1 sl Toast 1 ea Milk of Choice, 8oz 8 oz Coffee 1 pkt Margarine 1 pkt Jelly 1 ea Salt/Pepper					
	6 oz Manicotti w/Sauce 4 oz Greens Mixed 4 oz Marinated Tomato Salad 1 Dinner Roll					
	1 Turkey & Swiss Sandwich 6 oz Macaroni & Tomatoes 4 oz Bean Salad 1 Dinner Roll					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
 Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid  
 Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky  
 Liquidized: Can be drank from a cup; smooth texture w/ no bits  
 Mechanical Soft: Ground/chopped Meats.  
 Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
 (Each level may require individualized Adjustments)

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:  
  
Vegetable:  
  
Other:

**Supper Alternatives:**

Meat:  
  
Vegetable:  
  
Other:



Day: Thursday

Regular						
Breakfast	4 oz Juice of Choice 2 sl Bacon 6 oz Cereal of Choice 1 sl Toast* 1 ea Milk of Choice, 8oz 8 oz Coffee 1 pkt Margarine 1 pkt Syrup					
Lunch	3 oz Pork Chop Savory 4 oz Rice Pilaf 4 oz Lima Beans 1 Dinner Roll					
Supper	3 oz Cheeseburger 4 oz Tater Tots 4 oz Tossed Salad 4 oz Fresh Fruit, Seasonal*					

Regular: No restrictions

Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones

Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid

Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid

Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky

Liquidized: Can be drank from a cup; smooth texture w/ no bits

Mechanical Soft: Ground/chopped Meats.

Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew (Each level may require individualized Adjustments)

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:

Vegetable:

Other:

**Supper Alternatives:**

Meat:

Vegetable:

Other:



Day: Friday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Scrambled Egg 2 oz Breakfast Meat 6 oz Cereal of Choice 1 sl Toast 1 ea Milk of Choice, 8oz 8 oz Coffee 1 pkt Margarine 1 pkt Jelly 1 ea Salt/Pepper					
	3 oz Fish w/ Lemon Pepper 1 ea Baked Potato 4 oz Mixed Vegetables 1 Dinner Roll					
	4 oz Bratwurst 4oz Beans Baked 4 oz Sauerkraut 1 ea Bun					
Lunch						
Supper						

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
 Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid  
 Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky  
 Liquidized: Can be drank from a cup; smooth texture w/ no bits  
 Mechanical Soft: Ground/chopped Meats.  
 Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
 (Each level may require individualized Adjustments)

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:  
  
Vegetable:  
  
Other:

**Supper Alternatives:**

Meat:  
  
Vegetable:  
  
Other:



Day: Saturday

Regular						
Breakfast	4 oz Juice of Choice 2 oz Egg of Choice* 2 oz Breakfast Meat* 6 oz Cereal of Choice 1 sl Toast 1 ea Milk of Choice, 8oz 8 oz Coffee 1 pkt Margarine 1 pkt Jelly 1 ea Salt/Pepper					
	3 oz Meatballs/Mushroom Gravy 4 oz Savory Noodles 4 oz Prince Edward Veg 1 Dinner Roll					
	3 oz Chicken Patty Sandwich 4 oz French Fries 4 oz Pickled Beets 1 Dinner Roll					

Regular: No restrictions  
 Easy to Chew: No size restriction; No hard, tough, chewy, fibrous, stringy, crunchy or crumbly bits, seeds, husks or bones  
 Soft & Bite Size: 15mm x 15mm pieces; Soft, tender, and moist and no separate thin liquid  
 Minced & Moist: 4mm x 4mm pieces; Soft and moist w/ no separate thin liquid  
 Pureed: Holds shape on spoon; smooth texture; No separated liquid; not firm/sticky  
 Liquidized: Can be drank from a cup; smooth texture w/ no bits  
 Mechanical Soft: Ground/chopped Meats.  
 Dysphagia Diets: Level I- Puree, Level II-Chopped/ Ground and Soft Chew Level III- Soft Chew  
 (Each level may require individualized Adjustments)

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 Milk and 100% Juice is available at all meals as approved by Dietary Restrictions.

**Lunch Alternatives:**

Meat:  
  
 Vegetable:  
  
 Other:

**Supper Alternatives:**

Meat:  
  
 Vegetable:  
  
 Other: