

# Your Choice: Personalize Your Meal

\*Please note: Some menu options are not acceptable for various therapeutic diets.

## Breakfast Options

- Cereals**  
Cream of Rice  
Cream of Wheat
- Hot Items**  
Scrambled Eggs or Egg Whites  
Pureed French Toast  
Pureed Waffles  
Pureed Sausage

## Lunch and Dinner Options

- Hot Items**  
Seasoned Chicken Breast  
Baked Salmon  
Ditalini Pasta with Olive Oil and Garlic  
Pureed Mac'n Cheese
- Sides**  
Mashed Potatoes with Gravy  
Rice (White or Brown)  
Broccoli  
Carrots
- Soups**  
Chicken Noodle Soup  
Tomato Soup  
Vegetable Soup
- Desserts & Fruits**  
Pudding (Vanilla or Chocolate)  
Pureed Mixed Berries | Minced Peaches | Pears  
Applesauce  
Yogurt
- Beverages**  
Milk  
Coffee  
Tea  
Juice  
Water

For your safety, food items are modified to a minced and moist texture or pureed consistency. If you have fluid consistency restrictions some beverages may be thickened or not available.

\*Additional personal choice options may be available. Your Nutrition Service Team can assist in making selections.

## Your health is our priority.

At CommonSpirit Health, Food and Nutrition Services strives to provide delicious, wholesome & nutritious meals that help to build healthier communities. By delivering culinary excellence, along with evidence-based clinical nutrition care, we are better able to nourish those we serve. Our vision is to optimize the health and wellness of our patients, guests & team members through the delivery of quality meals and excellent clinical nutrition care.

## Our promise.

When you feel sick, few things feel better than a good home cooked meal.

We want to help all our patients, with any condition, feel that comfort of a home cooked meal during their stay with us.

Our menus provide flavorful comfort foods while maintaining a healthy nutritional balance.

You can receive our standard house menu or build your own.



# Patient Menu

## Dysphagia Level 5 Minced & Moist Diet

Food and Nutrition Services



To show our care, we have provided some customized menu options for you. Please see the back of the menu.

\*Please note: Depending on your health needs and preferences, your personal menu may vary. Ask a Food and Nutrition Services team member if you have questions about your specific menu.

For your safety, food items are modified to a minced and moist texture or pureed.

If you have fluid consistency restrictions some beverages may be thickened or not available.

Call our Food and Nutrition Services office at extension

256279

to share your preferences. If we don't hear from you, we will send you our daily chef selection.

Please call before:

- 5:30 AM for breakfast changes
- 10:30 AM for lunch changes
- 3:30 PM for dinner changes

## Breakfast



Sunday

Cinnamon French Toast

Served with Scrambled Eggs, Savory Pork Sausage Links and Refreshing Orange Juice

Monday

Scrambled Eggs

Served with a Waffle and Cranberry Juice

Tuesday

Cinnamon French Toast

Served with Scrambled Eggs, and Vanilla Yogurt

Wednesday

Scrambled Eggs

Served with a Waffle, Cream of Rice and Orange Juice

Thursday

Cinnamon French Toast

Served with Savory Pork Sausage Links and Refreshing Orange Juice

Friday

Scrambled Eggs

Served with a Waffle and Cranberry Juice

Saturday

Cinnamon French Toast

Served with Scrambled Eggs, and Vanilla Yogurt

Served with coffee and milk

## Lunch



Sunday

Traditional Oven Roasted Turkey

Served with Homestyle Gravy, Mashed Potatoes, Steamed Broccoli, and Pears

Monday

Tomato Glazed Hearty Meatloaf

Served with Brown Gravy, Mashed Potatoes, Steamed Broccoli, and Chocolate Pudding

Tuesday

Chicken Alfredo Pasta Ditalini

Served with teamed Asparagus, and Vanilla Pudding

Wednesday

Tender Beef Pot Roast

Served with Savory Gravy, Steamed Carrots, Homestyle Mashed Potatoes, Chocolate Pudding

Thursday

Traditional Oven Roasted Turkey

Served with Homestyle Gravy, Mashed Potatoes, Steamed Broccoli, and Pears

Friday

Tomato Glazed Hearty Meatloaf

Served with Brown Gravy, Mashed Potatoes, Steamed Broccoli, and Chocolate Pudding

Saturday

Chicken Alfredo Pasta Ditalini

Served with teamed Asparagus, and Vanilla Pudding

Served with milk

## Dinner



Sunday

Ditalini Pasta with Meat Sauce

Served with Carrots, Chocolate Pudding and Peaches

Monday

Seared Chicken Breast with Lemon Herb Sauce

Served with Rice Pilaf, Oven Roasted Zucchini, and Peaches

Tuesday

Smoked BBQ Pulled Pork

Served with Carrots, White Rice, and Applesauce

Wednesday

Teriyaki Glazed Chicken Breast

Served with Brown Rice, Seasoned Steamed Broccoli, and Mixed Berries

Thursday

Ditalini Pasta with Meat Sauce

Served with Carrots, Chocolate Pudding and Peaches

Friday

Seared Chicken Breast with Lemon Herb Sauce

Served with Rice Pilaf, Oven Roasted Zucchini, and Peaches

Saturday

Smoked BBQ Pulled Pork

Served with Carrots, White Rice, and Applesauce

Served with water