

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 (Pureed)**
Scrambled Eggs or Egg Whites
French Toast
Waffles
Sausage

Lunch and Dinner Options

- Hot Items**
Pureed Roast Beef
Pureed Chicken
Pureed Mac'n Cheese
- Sides**
Mashed Potatoes with Gravy
Pureed White Rice
Pureed Green Beans
Pureed Carrots
Pureed Broccoli
- Soups**
Chicken and Rice Soup
Tomato Soup
Vegetable Soup
- Desserts & Fruits**
Applesauce
Pudding (Vanilla or Chocolate)
Pureed Mixed Berries
Pureed Peaches
Pureed Pears
Yogurt
- Beverages**
Milk
Coffee
Tea
Juice
Water

For your safety, all foods are modified in texture to a moist and pureed consistency.

*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 4 Purée 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, all foods are modified in texture to a moist and pureed consistency. Fluids may be modified in thickness.

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 Egg

Served with Waffle and Cranberry Juice

Tuesday

Cinnamon French Toast

Served with Scrambled Eggs, Vanilla Yogurt and Refreshing Orange Juice

Wednesday

Scrambled Eggs

Served with Cream of Wheat and Orange Juice Juice

Thursday

Cinnamon French Toast

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

Friday

Scrambled Egg

Served with Waffle and Cranberry Juice

Saturday

Cinnamon French Toast

Served with Scrambled Eggs, Vanilla Yogurt and Refreshing Orange Juice

Served with coffee and milk

Lunch



Sunday

Roasted Turkey

Served with Homestyle Gravy, Mashed Red Potatoes, Seasoned Green Beans, and Pears

Monday

Roasted Pork

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

Tuesday

Chicken Breast

Served with Poultry Gravy, Mashed Potatoes, Steamed Seasoned Carrots, and Vanilla Pudding

Wednesday

Roast Beef

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

Thursday

Roasted Turkey

Served with Homestyle Gravy, Mashed Red Potatoes, Seasoned Green Beans, and Pears

Friday

Roasted Pork

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

Saturday

Chicken Breast

Served with Poultry Gravy, Mashed Potatoes, Steamed Seasoned Carrots, and Vanilla Pudding

Served with milk

Dinner



Sunday

Chicken Breast

Served with Poultry Gravy, Mac and Cheese, Steamed Seasoned Carrots, and Mixed Berries

Monday

Chicken Breast with Lemon Herb Sauce

Served with White Rice, Green Beans, and Peaches

Tuesday

BBQ Pork

Served with Seasoned Green Beans, White Rice, and Applesauce

Wednesday

Teriyaki Glazed Chicken Breast

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

Thursday

Chicken Breast

Served with Poultry Gravy, Mac and Cheese, Steamed Seasoned Carrots, and Mixed Berries

Friday

Chicken Breast with Lemon Herb Sauce

Served with White Rice, Green Beans, and Peaches

Saturday

BBQ Pork

Served with Seasoned Green Beans, White Rice, and Applesauce

Served with water