

Your Choice: Personalize Your Meal

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

Breakfast Options

- Cereals**
Oatmeal
Cream of Rice
Cream of Wheat
- Hot Items**
Scrambled Eggs or Egg Whites
French Toast (Chopped Syrup Soaked)
Pancakes (Chopped Syrup Soaked)
Sausage

Lunch and Dinner Options

- Hot Items**
Seasoned Chicken Breast
Baked Salmon
Ditalini Pasta with Olive Oil and Garlic
Macaroni and Cheese
- Sides**
Mashed Potatoes with Gravy
Rice (White or Brown)
Steamed Broccoli
Steamed Carrots
- Soups and Salads**
Chicken Noodle Soup
Tomato Soup
Vegetable Soup
Side Salads
Scoop of Chicken Salad, Egg Salad or Tuna Salad
- Desserts and Fruits**
Pudding (Vanilla or Chocolate)
Applesauce
Peaches
Pears
Cottage Cheese and Fruit Plate
Yogurt and Fruit Plate
- Beverages**
Milk
Coffee
Tea
Juice
Water

For your safety, all foods are modified in texture to soft tender and moist in bite sized, minced 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 6 Soft & Bite Sized 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 soft tender and moist in bite sized, minced or pureed consistency.

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

Cheddar Stuffed Cheese Omelet

Served with Steamed Diced Potatoes and Cranberry Juice

Tuesday

Biscuit and Gravy

Served with Scrambled Eggs, Hearty Oatmeal and Blueberry Yogurt

Wednesday

Scrambled Eggs

Served with Cream of Rice, and Orange Juice

Thursday

Cinnamon French Toast

Served with Savory Pork Sausage Links and Refreshing Orange Juice

Friday

Cheddar Stuffed Cheese Omelet

Served with Steamed Diced Potatoes and Cranberry Juice

Saturday

Biscuit and Gravy

Served with Scrambled Eggs, Hearty Oatmeal and Blueberry 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 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 Asparagus, and Vanilla Pudding

Served with milk

Dinner



Sunday

Ditalini Pasta with Meat Sauce

Served with Carrots, Peaches and Chocolate Pudding

Monday

Seared Chicken Breast with Lemon Herb Sauce

Served with Rice Pilaf, Oven Roasted Zucchini, and Peaches

Tuesday

Smoked BBQ Pulled Pork

Served with Steamed Carrots, White Rice and Applesauce

Wednesday

Teriyaki Glazed Chicken Breast

Served with Brown Rice, Seasoned Steamed Broccoli, and Mandarin Oranges

Thursday

Ditalini Pasta with Meat Sauce

Served with Carrots, Peaches and Chocolate Pudding

Friday

Seared Chicken Breast with Lemon Herb Sauce

Served with Rice Pilaf, Oven Roasted Zucchini, and Peaches

Saturday

Smoked BBQ Pulled Pork

Served with Steamed Carrots, White Rice and Applesauce

Served with water