

Modified Dysphagia Diet Menu

Your doctor and/or Speech Therapist has prescribed a Modified Dysphagia Diet for you during your stay. This diet replaces **ground meat textures and food cut to minced sized pieces**. Our suggestions when ordering your meal from the At Your Request menu for your special diet are listed below. ****Multiple diet restrictions may limit the foods allowed****

Breakfast

Entrees

- Scrambled Egg/Low Cholesterol Scrambled Eggs
- Hard Boiled Egg
- Scrambled Tofu
- Pancakes (Buttermilk or Whole Wheat)
- Create-Your-Own Omelet*
Scrambled Egg, Diced Ham, Pork Sausage, Diced Green Peppers & Onions, Diced Tomatoes
Shredded Cheddar, Swiss Cheese, or American Cheese.

Sides

- Hash Brown Potatoes
- LF cottage Cheese
- Pork Sausage - *ground*
- Hot Cereal (Grits, Oatmeal, Cream of Wheat)
- Cold Cereal (Cheerios, Cornflakes, Frosted Flakes)
- Reg Yogurt/Greek Yogurt (*Only Vanilla*)

Fruit

- Banana
- Applesauce
- Peach Slices
- Pear Halves
- Mandarin Oranges

Lunch/Dinner

Entrees

- Herb Baked Chicken Breast
- BBQ Pulled Pork
- Roast Turkey Breast
- Baked Chicken Tender
- Crispy Baked Fish
- Macaroni & Cheese
- Meatballs
- Meatloaf
- Pot Roast
- Create-Your-Own Pasta*

Sides

- Mashed Potatoes
- Macaroni & Cheese

Soup

- Beef, Chicken, or Vegetable Broth
- Tomato Soup

Veggies

- Broccoli Cuts
- Yellow Squash
- Sliced Carrots
- Green Beans

Desserts

- Fruit Crisp - *No Crust*
- Regular Gelatin (Berry or Citrus)
- Diet Gelatin (Berry or Citrus)
- Pudding (Chocolate or Vanilla)
- Sugar-Free Pudding (Chocolate or Vanilla)
- Lemon Fruit Ice
- Sherbet (Lime or Orange)
- Milkshake
- Popsicle/ Sugar Free Popsicle
- Ice Cream (Vanilla, Chocolate, or Strawberry)

Beverages

Hot

- Coffee (Reg or Decaf)
- Hot Tea (Reg or Decaf)
- Hot Cocoa (Reg or SF)

Cold

- Cola / Gingerale / Lemon Lime Soda (Reg or Diet)
- Lemonade (Reg or SF)
- Ice Tea (Sweet or Unsweet)

Milk

- Whole Milk, Non-Fat or Low Fat,
- Low Fat Chocolate
- Lactaid
- Soy
- Unsweetened Almond

Juice

- Orange
- Apple
- Grape
- Cranberry
- Prune

*Refer to At Your Request regular tri-fold patient menu for detailed list of options.