

EASY TO CHEW MENU

Chef Daily Specials

Your doctor and/or Speech Therapist has prescribed an easy to chew diet for you during your stay. This diet provides soft, easy to chew foods. Meats and vegetables will be chopped into bite-sized pieces for ease of chewing.

****Multiple diet restrictions may limit the foods allowed**** Revised Feb 2022

	BREAKFAST	LUNCH	DINNER
SUNDAY	Buttermilk Pancakes (well-moistened) with Syrup, Turkey Sausage, Diced Pears, Oatmeal & Milk	Turkey Tetrazzini & Broccoli Florets or Herb Baked Chicken & Tomato Basil Soup	Chicken Marsala, White Rice with gravy & Baby Carrots or Lasagna with Meat Sauce & Green Beans
MONDAY	Cheese Omelet, Hash Brown Potatoes, Oatmeal, Applesauce & Milk	Roasted Turkey Breast with Gravy, Mashed Potatoes & Green Beans or Roast Beef & Cheddar on Rye with Tomato Basil Soup	Baked Ziti with Broccoli or Cranberry Dijon Chicken Breast, Brown Rice with Gravy & California Vegetable Blend
TUESDAY	Buttermilk Pancakes (well-moistened) with Syrup, Turkey Sausage, Mandarin Oranges & Milk	Pork Carnitas, Spanish Rice with gravy & Sliced Carrots or Chicken Caesar Wrap & Vegetable Soup	Chicken Pot Pie with California Mixed Vegetables or Chopped Beef Steak, Mashed Potatoes & Broccoli Cuts
WEDNESDAY	Eggs with Vegetables & Cheese, Hash Brown Potatoes, Oatmeal, Diced Pears & 1% Milk	Meatball Marinara with Pasta & Green Beans or Turkey Cheeseburger with Baked Potato Wedges & Mandarin Oranges	Beef Stew with Green Beans or BBQ Chicken Breast, Macaroni and Cheese, Collard Greens & Pears
THURSDAY	French Toast (well-moistened) with Syrup, Turkey Sausage Patty, Oatmeal & Diced Peaches	Citrus Marinated Chicken, Mashed Sweet Potatoes & Cauliflower or Fettuccine with Tomato Basil Sauce & California Mixed Vegetables	Lemon Thyme Roasted Turkey, Dijon Roasted Potatoes & Green Beans or Pasta Baked with Beef and Tomatoes & Broccoli Cuts
FRIDAY	Cheese Omelet with Turkey Sausage Patty, Oatmeal, Blueberry Muffin & Diced Pears	BBQ Pulled Pork, Mashed Potatoes & Collard Greens or Chicken Parmesan Fresca with Penne Marinara & Broccoli Cuts	Beef Pot Roast, Mashed Potatoes & Green Beans or Tuscan Herb Pollock, Barley Rice Pilaf & California Mixed Vegetables
SATURDAY	French Toast (well-moistened) with Syrup, Turkey Sausage Patty, Hash Brown Potatoes, Grits & Applesauce	Basil Chicken Breast, Brown Rice & Carrots or Turkey and Cranberry Sandwich	Farmer's Meatloaf with Gravy, Mashed Potatoes & Green Beans or Broccoli Herb Penne Pesto & Green Beans

ALWAYS AVAILABLE

BREAKFAST

- Regular or Low-Cholesterol Scrambled Eggs
- Hard Boiled Egg (Chopped/Bite-Sized)
- Buttermilk Pancakes
- French Toast
- Tofu Scramble
- Turkey or Pork Sausage (Chopped/Bite-Sized)
- Hash Brown Potatoes
- Cottage Cheese
- Blueberry Muffin
- Hot Cereal - Oatmeal, Cream of Wheat, Grits
- Cold Cereal - Rice Krispies
- Greek Yogurt - Vanilla or Blueberry
- Regular Yogurt - Vanilla or Strawberry

ENTREES

- Herb Chicken Breast (Chopped/Bite-Sized)
- Chop Beef Steak (Chopped/Bite-Sized)
- Penne & Marinara (Chopped/Bite-Sized)
- Tofu Scramble (Chopped/Bite-Sized)
- Hamburger (Beef, Turkey or Veggie) - with choice of American, Cheddar, Provolone or Swiss Cheese (Bite-Sized)
- **Build-Your-Own Sandwich (no bread)**
- *Choice of:* Turkey, Ham, Chicken Salad, Tuna Salad, Herb Chicken Breast, Sliced American, Cheddar, Provolone or Swiss Cheese

SIDES

- Green Beans (Chopped/Bite-Sized)
- Broccoli (Chopped/Bite-Sized)
- Collard Greens (Chopped/Bite-Sized)
- California Mixed Vegetables (Chopped/Bite-Sized)
- Brown Rice with Gravy
- White Rice with Gravy
- Mashed Potatoes with Gravy
- Penne Pasta (Chopped/Bite-Sized)
- Macaroni & Cheese (Chopped/Bite-Sized)
- Chicken Noodle Soup
- Tomato Basil Soup
- Vegetable Soup
- Beef, Chicken or Vegetable Broth

DESSERTS

- Angel Food Cake
- Peach Cobbler (Chopped/Bite-Sized)
- Orange Sherbet
- Lemon Fruit Ice
- Ice Cream
 - Vanilla, Chocolate, Strawberry
- Pudding (Reg or sf)
 - Chocolate or Vanilla
- Gelatin (Reg or sf)
 - Berry or Citrus
- Fruit
 - Banana, Applesauce, Peach Slices, Pear Halves & Mandarin Oranges

Speak with the Call Center
Representative for
Additional Options

CALL US 843-792-3892