

# MINCED & MOIST MENU

## Chef Daily Specials

Your doctor and/or Speech Therapist has prescribed a Minced and Moist Diet for you during your stay. Items listed below will be modified to meet your diet including ground/minced meats and veggies.

**\*\*Multiple diet restrictions may limit the foods allowed\*\***

Revised Feb 2022

	BREAKFAST	LUNCH	DINNER
<b>SUNDAY</b>	Scrambled Eggs, Turkey Sausage Patty, Diced Pears, Oatmeal, & Whole Milk	Turkey Tetrazzini & Broccoli Florets or Herb Baked Chicken & Broccoli	Chicken Marsala, White Rice with gravy & Baby Carrots or Meatball Marinara with Pasta & Green Beans
<b>MONDAY</b>	Scrambled Eggs, Oatmeal, Applesauce, Greek Vanilla Yogurt & Whole Milk	Roasted Turkey Breast with Gravy, Mashed Potatoes & Green Beans or Tuna Salad Platter	Baked Ziti with Broccoli or Cranberry Dijon Chicken Breast, Brown Rice with gravy & California Vegetable Blend
<b>TUESDAY</b>	Scrambled Eggs, Turkey Sausage Patty, Grits, Applesauce & Whole Milk	Pork Carnitas, White Rice with gravy & Minced Carrots or Chicken Salad Platter & California Mixed Vegetables	Herb Chicken Breast with California Mixed Vegetables or Chopped Beef Steak, Mashed Potatoes & Broccoli Cuts
<b>WEDNESDAY</b>	Scrambled Eggs, Oatmeal, Diced Pears & Whole Milk	Meatball Marinara with Pasta & Green Beans or Turkey Cheeseburger (no bun) with Mashed Potatoes & Peaches	Beef Stew with Green Beans or BBQ Chicken Breast, Macaroni and Cheese & Green Beans
<b>THURSDAY</b>	Scrambled Eggs, Turkey Sausage Patty, Oatmeal, Diced Peaches & Whole Milk	Citrus Marinated Chicken, Mashed Sweet Potatoes & Cauliflower or Fettuccine with Tomato Basil Sauce & California Mixed Vegetables	Lemon Thyme Roasted Turkey, White Rice with Gravy & Green Beans or Pasta Baked with Beef and Tomatoes & Broccoli Cuts
<b>FRIDAY</b>	Cheese Omelet with Turkey Sausage Patty, Oatmeal, Diced Pears & Whole Milk	Herb Baked Chicken Breast, Mashed Potatoes & Tomato Soup or Chicken Parmesan Fresca with Penne Marinara & Broccoli Cuts	Beef Pot Roast, Mashed Potatoes & Green Beans or Tuscan Herb Pollock, White Rice with Gravy & California Mixed Vegetables
<b>SATURDAY</b>	Scrambled Eggs, Turkey Sausage Patty, Grits, Applesauce, Greek Vanilla Yogurt & Whole Milk	Basil Chicken Breast, Brown Rice & Carrots or Chicken Salad Platter	Farmer's Meatloaf with Gravy, Mashed Potatoes & Green Beans or Broccoli Herb Penne Pesto & Green Beans

# ALWAYS AVAILABLE

## BREAKFAST

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- Scrambled Eggs (Ground/Minced)
- Low-Cholesterol Scrambled Eggs (Ground/Minced)
- Tofu Scramble (Ground/Minced)
- Turkey Sausage (Ground/Minced)
- Pork Sausage (Ground/Minced)
- Cottage Cheese
- Hot Cereal - Oatmeal, Cream of Wheat, Grits
- Cold Cereal - Rice Krispies (Well-Moistened)
- Greek Yogurt - Vanilla or Blueberry

## ENTREES

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

## SIDES

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- Green Beans (Ground/Minced)
- Broccoli (Ground/Minced)
- California Mixed Vegetables (Ground/Minced)
- Brown Rice with Gravy
- White Rice with Gravy
- Mashed Potatoes with Gravy
- Penne Pasta (Ground/Minced)
- Macaroni & Cheese (Ground/Minced)
- Beef, Chicken or Vegetable Broth

## DESSERTS

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- 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
  - Applesauce, Peach Slices (Ground/Minced), Pear Halves (Ground/Minced)

Speak with the Call Center  
Representative for  
Additional Options

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CALL US 843-792-3892