

SOFT & BITE-SIZED MENU

Chef Daily Specials

Your doctor and/or Speech Therapist has prescribed a soft/bite sized diet for you during your stay. Items listed below will be modified to meet your diet including chopped/bite sized meats and veggies.

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

Revised Feb 2022

	BREAKFAST	LUNCH	DINNER
SUNDAY	Scrambled Eggs, with Turkey Sausage Patty, 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	Scrambled Eggs, Oatmeal, Applesauce, Greek Vanilla Yogurt & 1% Milk	Roasted Turkey Breast with Gravy, Mashed Potatoes & Green Beans or Tuna Salad Platter & Tomato Basil Soup	Baked Ziti with Broccoli or Cranberry Dijon Chicken Breast, Brown Rice with Gravy & California Vegetable Blend
TUESDAY	Scrambled Eggs, Turkey Sausage Patty, Grits, Applesauce & 1% Milk	Pork Carnitas, Spanish Rice with gravy & Sliced Carrots or Chicken Salad Platter & California Mixed Vegetables	Chicken Pot Pie with California Mixed Vegetables or Herb Baked Chicken Breast, Mashed Potatoes & Broccoli Cuts
WEDNESDAY	Scrambled Eggs, Puree Bacon, Oatmeal, Diced Pears & 1% Milk	Meatball Marinara with Pasta & Green Beans or Turkey Cheeseburger (no bun) with Baked Potato Wedges & Peaches	Beef Stew with Green Beans or BBQ Chicken Breast, Macaroni and Cheese, Collard Greens & Pears
THURSDAY	Scrambled Eggs, Turkey Sausage Patty, Oatmeal, Diced Peaches & 1% 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
FRIDAY	Cheese Omelet with Turkey Sausage Patty, Oatmeal, Diced Pears & 1% Milk	Herb Baked Chicken Breast, White Rice with Gravy & Collard Greens 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
SATURDAY	Scrambled Eggs, Turkey Sausage Patty, Grits, Applesauce & 1% 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

- Scrambled Eggs (Chopped/Bite-Sized)
- Low-Cholesterol Scrambled Eggs (Chopped/Bite-Sized)
- Tofu Scramble (Chopped/Bite-Sized)
- Turkey Sausage (Chopped/Bite-Sized)
- Pork Sausage (Chopped/Bite-Sized)
- Cottage Cheese
- Hot Cereal - Oatmeal, Cream of Wheat, Grits
- Cold Cereal - Rice Krispies (Well-Moistened)
- 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) - No Bun with choice of American, Cheddar, Provolone or Swiss Cheese (Chopped/Bite-Sized)
- **Build-Your-Own Sandwich (no bread)**
- *Choice of:* 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

- 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

Speak with the Call Center
Representative for
Additional Options

CALL US 843-792-3892