

# Mechanical Soft Menu

Your doctor and/or Speech Therapist has prescribed a Mechanical Soft Diet for you during your stay. This diet replaces **chopped meat textures and food cut to soft & bite 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)
- French Toast Slice (Reg or Whole Wheat)
- French Toast Sticks
- Create-Your-Own Omelet\*  
Scrambled Egg, Black Beans, Diced Ham, Diced Green Peppers & Onions, Shredded Cheddar, Swiss Cheese, or American Cheese. *No salsa*

### Sides

- Hash Brown Potatoes
- Pork Sausage
- LF cottage Cheese
- Hot Cereal (Grits, Oatmeal, Cream of Wheat)
- Cold Cereal (Cheerios, Rice Chex, Cornflakes, Frosted Flakes)
- Reg Yogurt/Greek Yogurt (Strawberry or Vanilla)
- Blueberry Muffin
- Whole Wheat or White Bread

### 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\*
- Create-Your-Own Rice Bowl\*

- Create-Your-Own Deli and Grill Sandwich\* (Ham, Turkey, Roast Beef, Egg Salad, Chicken Salad, Tuna Salad, Chicken, Hummus, PB&J)  
*Only Veggie Options - Shredded Lettuce and Green peppers well cooked*
- Create- Your-Own Burger \* *Only Veggie Option Green peppers - well cooked*

### Sides

- Mashed Potatoes
- Macaroni & Cheese
- Black Beans
- White or Brown Rice
- Quinoa
- Dinner Roll

### Veggies

- Broccoli Cuts
- Collard Greens
- Yellow Squash
- Green Peas
- Sliced Carrots
- Green Beans

### Soup

- Beef, Chicken, or Vegetable Broth
- Chicken Noodle Soup
- Tomato Soup
- Turkey Chili

## Desserts

- Angel Food Cake
- 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.