

Easy to Chew Menu

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. 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 (*bite sized*)
- Hard Boiled Egg (*bite sized*)
- Scrambled Tofu (*bite sized*)
- Buttermilk or WW Pancakes
- French Toast or French Toast Sticks
- Create-Your-Own Breakfast Omelet
Diced Ham, Turkey/Pork sausage, Black beans, Diced Green Peppers & Onions, Tomatoes, Shredded Cheddar, Swiss Cheese, American Cheese, Salsa, Sour Cream

Sides

- Pork Sausage (*bite sized*)
- Turkey Sausage Patty (*bite sized*)
- HashBrowns Potatoes (*tender*)
- LF cottage Cheese
- Hot Cereal (Grits, Oatmeal, Cream of Wheat)
- Reg Yogurt/Greek Yogurt (Strawberry or Vanilla)
- Blueberry Muffin
- White or Wheat Bread

Fruit

- Banana (*ripe, soft*)
- Applesauce
- Peaches
- Pears
- Mandarin Oranges

Lunch/Dinner

Entrees

- Herb Baked Chicken (*bite sized*)
- BBQ Pulled Pork (*bite sized*)
- Roast Turkey (*bite sized*)
- Parmesan Chicken (*bite sized*)
- Baked Chicken Tender (*bite sized*)
- Crispy Baked Fish (*bite sized*)
- Macaroni & Cheese (*bite sized*)
- Meatballs (*Marinara sauce/bite sized*)
- Meatloaf (*gravy/bite sized*)
- Pot Roast (*bite sized*)
- Create-Your-Own Deli Sandwich
- Create-Your-Own Pasta* (*bite sized*)
- Create-Your-Own Rice Bowl*

Sides

- Mashed Potatoes
- Macaroni & Cheese (*bite sized*)
- Black Beans
- White or Brown Rice (*must include gravy*)
- Quinoa (*must include gravy*)
- Baked Potato Wedges (*bite sized*)
- Baked Sweet Potato Wedges (*bite sized*)

Veggies

- Broccoli Cuts (*bite sized*)
- Collard Greens (*bite sized*)
- Yellow Squash (*bite sized*)
- Green Peas (*fork-mashed*)
- Sliced Carrots (*bite sized*)
- Green Beans (*bite sized*)

Soup

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

Desserts

- Angel Food Cake
- 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)
- Gatorade
- Lemonade (Reg or SF)
- Ice Tea (Sweet or Unsweet)

Milk

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

Smoothies

- Fruit
- Orange
- Strawberry and Banana

Juice

- Orange
- Apple
- Grape
- Cranberry
- Prune

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