

Minced and Moist Diet Menu

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. 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 (*minced*)
- Hard Boiled Egg (*minced*)
- Scrambled Tofu (*minced*)

Sides

- LF cottage Cheese
- Pork Sausage (*minced*)
- Turkey Sausage Patty (*minced*)
- Hot Cereal (Grits, Oatmeal, Cream of Wheat/Rice)
- Reg Yogurt/Greek Yogurt (*Only Vanilla*)

Fruit

- Applesauce
- Peaches (*minced*)
- Pears (*minced*)

Lunch/Dinner

Entrees

- Herb Baked Chicken (*minced w/ gravy*)
- Roast Turkey (*minced w/ gravy*)
- Parmesan Chicken (*minced w/ gravy*)
- Baked Chicken Tender (*minced w/ gravy*)
- Crispy Baked Fish (*minced w/ lemon juice*)
- Macaroni & Cheese (*minced*)
- Meatballs (*minced*)
- Meatloaf (*minced w/ gravy*)
- Pot Roast (*minced w/ gravy*)
- Create-Your-Own Pasta* (*minced*)

Sides

- Mashed Potatoes
- Macaroni & Cheese (*minced*)
- Brown/White Rice (*w/ gravy*)

Veggies

- Broccoli Cuts (*minced*)
- Yellow Squash (*minced*)
- Sliced Carrots (*minced*)
- Green Beans (*minced*)

Soup

- Beef, Chicken, or Vegetable Broth
- Tomato Soup

Desserts

- 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

Smoothies

- Orange
- Fruit
- Strawberry Banana

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