

# Soft and Bite Sized Menu

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. 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*)
- Create-Your-Own Breakfast Scramble  
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*)
- LF cottage Cheese
- Hot Cereal (Grits, Oatmeal, Cream of Wheat)
- Reg Yogurt/Greek Yogurt (Strawberry or Vanilla)

### Fruit

- Banana (*bite sized*)
- Applesauce
- Peaches (*bite sized*)
- Pears (*bite sized*)

## Lunch/Dinner

### Entrees

- Herb Baked Chicken (*bite sized*)
- BBQ Pulled Pork (*bite sized- no bun*)
- 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 Pasta\* (*bite sized/ no tortellini*)

### 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

- Fruit Crisp- (*No crust/bite sized*)
- 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.