

# National Dysphagia Diet Menu – Level 3



## Entrées

*Substitutions and half portions are available.*

Catch of the Week – ask about our chef’s fresh seafood feature of the week. Served with couscous and broccoli flowerets.

Garlic-Herb Chicken Breast – lightly seasoned and flame broiled, served with mashed sweet potatoes and spinach.

Home Style Meatloaf – topped with savory mushroom gravy, served with mashed potatoes and sweet whole baby carrots.

Pot Roast – naturally juicy and slowly roasted until tender, served with white rice and California blend vegetables.

Baked Macaroni & Cheese – topped with cheddar cheese and baked until golden, served with green beans.

Baked Chicken Parmesan – penne pasta or spaghetti with marinara sauce, topped with a flamed broiled chicken breast and mozzarella cheese.

*Condiments: butter, margarine, salt, pepper, Mrs. Dash®, ketchup, BBQ sauce, steak sauce, tartar sauce, hot sauce, parmesan cheese*

## Desserts

Chocolate Fudge Brownie

Apple Pie

Magic Cup

Pudding

Yogurt

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**Desserts—** *if thin liquids are allowed*

Ice Cream – regular, fat-free

Sherbet

Italian Fruit Ice

Popsicle

Gelatin