

# National Dysphagia Diet Menu – Beverages & Level 1



**Call 6363 to order**

## Beverages

### **Thickened** —honey or nectar consistency

Coffee – regular, decaf

Milk – 2%, vanilla

Juice – orange, cranberry, apple

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### **Hot Drinks** —if thin liquids are allowed

Coffee – regular, decaf

French Vanilla Cappuccino

Hot Chocolate – regular, no sugar added

Hot Tea – regular, decaf

Herbal Tea – lemon, orange & spice, cranberry apple, mint medley

*Condiments: sugar, Equal®, Splenda®, creamer, non-dairy creamer, lemon, honey*

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### **Milk** —if thin liquids are allowed

Milk – skim, 2%, whole, chocolate

Rice Milk – original, vanilla

Soy Milk – original, vanilla, chocolate

Lactose-Free Milk

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### **Juice** —if thin liquids are allowed

Juice – apple, orange, cranberry, grape, prune, vegetable, low-sodium vegetable

Crystal Light® – orange sunrise, raspberry ice

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### **Fountain Drinks** —if thin liquids are allowed

Pepsi®, Sierra Mist®, Mountain Dew®,

Root Beer®, Diet Sierra Mist®, Diet Pepsi®,

Caffeine-Free Diet Pepsi®, Diet Mountain Dew®,

Sugar-Free Lemonade, Iced Tea

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### **Frozen Beverages** —if thin liquids are allowed

Nonfat Frozen Yogurt Shake

## Level 1

### **Breakfast** —all items served pureed consistency

French Toast

Breakfast Omelet

Sausage

Cream of Wheat

Vanilla Yogurt

Applesauce

Pureed Fruit – peaches, pears, pineapple

Pureed Bread—with your choice of toppings.

*Condiments: syrup, butter, margarine, honey, jelly*

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### **Lunch & Dinner** —all items served pureed consistency

White Fish – served with white rice and carrots or green peas.

Roasted Turkey – served with mashed potatoes with gravy and broccoli.

Roasted Chicken – served with mashed sweet potatoes and green beans.

Roast Beef – served with mashed potatoes with gravy and corn.

Pasta – topped with marinara sauce.

Personal Cheese Pizza

Applesauce

Pureed Fruit —peaches, pears, pineapple

Pureed Bread—with your choice of toppings.

*Condiments: gravy, butter, margarine, salt, pepper, Mrs. Dash®, BBQ sauce, tartar sauce*

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### **Soups** —if thin liquids are allowed

Tomato, Cream of Mushroom, Cream of Chicken

Broth—beef, chicken, vegetable

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### **Desserts** —pudding, yogurt, magic cup

*If thin liquids are allowed* – ice cream, sherbet,

Italian fruit ice, popsicle, gelatin