

National Dysphagia Diet Menu – Level 3



Call 6363 to order

Entrées

Substitutions and half portions are available.

Chef's 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 – vanilla, chocolate, mixed berry, orange
Pudding

Yogurt

Desserts— if thin liquids are allowed

Ice Cream – regular, fat-free

Sherbet

Italian Fruit Ice

Popsicle

Gelatin