

National Dysphagia Diet Menu – Level 2



Call 6363 to order

Breakfast

Morning Specialties

Buttermilk Pancakes
Waffles
Scrambled Eggs – regular, cholesterol-free
Cottage Cheese & Fruit Plate
Diced Fruit – peaches, pears
Fresh Banana
Applesauce
Yogurt
Pureed Bread —with your choice of toppings.

Condiments: butter, margarine, syrup, diet syrup, salt, pepper, Mrs. Dash®, ketchup, hot sauce, honey, jelly, diet jelly

Hot Cereal

Oatmeal, Cream of Wheat®

Condiments: brown sugar, sugar, Equal®, Splenda®, syrup, honey

Cold Cereal —if thin liquids are allowed

Corn Flakes®, Rice Krispies®

Milk – whole, 2%, skim

Lunch & Dinner

Entrées

Home Style Meatloaf – topped with gravy, served with mashed potatoes with gravy and carrots.
Ground Chicken Breast – topped with gravy, served with mashed sweet potatoes and spinach.
Ground Hamburger – topped with gravy, served with mashed potatoes with gravy and carrots.
Baked Macaroni & Cheese – topped with cheddar cheese, served with steamed spinach.
Home Style Spaghetti – topped with marinara, meat or garlic herb sauce.
Rainbow Trout – farm raised trout sautéed to perfection, served with mashed potatoes with gravy and carrots.

Condiments: butter, margarine, salt, pepper, Mrs. Dash®, gravy, ketchup, Parmesan cheese, guacamole, hummus

Soups —If thin liquids are allowed

Tomato, Cream of Chicken, Cream of Mushroom
Broth – beef, chicken, vegetable

Sides

Fresh Banana
Fruit – applesauce, diced peaches, diced pears
Cottage Cheese
Tuna Salad or Egg Salad
Pureed Bread – with your choice of toppings.

Desserts

Pudding
Yogurt
Magic Cup – vanilla, chocolate, mixed berry, orange
**If thin liquids are allowed – ice cream, sherbet, Italian fruit ice, popsicle, gelatin*