

National Dysphagia Diet Menu – Level 3



Call 6363 to order

Breakfast

A la Carte

Cottage Cheese & Fruit Plate
Diced Fruit – peaches, pears
Applesauce
Banana
Yogurt
Muffins – blueberry, apple cinnamon

Hot Cereal

Cream of Wheat®
Oatmeal

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

Cold Cereal—*if thin liquids are allowed*

Corn Flakes®, Rice Krispies®, Cheerios®, Frosted
Flakes®, Froot Loops®

Milk – whole, 2%, skim

Morning Specialties

French Toast
Buttermilk Pancakes
Waffles
Omelet Bar – cheese, ham, turkey sausage, onion,
mushrooms, spinach
Scrambled Eggs
Turkey Sausage
Hash Brown Potatoes

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

Lunch & Dinner

Custom Sandwiches

Build your own deli style sandwich!

Choice of Toppings:

Bread: white, whole wheat, Kaiser roll, wheat wrap

Meat: turkey, grilled chicken, ham, tuna salad, chicken
salad, egg salad

Cheese: American, Cheddar, Mozzarella, Swiss

Toppings: shredded lettuce, hummus, guacamole

*Condiments: ketchup, mustard, mayonnaise, fat-free
Miracle Whip®, honey mustard, oil & vinegar*

Soup—*if thin liquids are allowed*

Tomato Soup, Chicken Noodle, Cream of Mushroom,
Cream of Chicken

Broth – beef, chicken, vegetable

From the Grill

Flame Broiled Burger or Ope's™ Veggie Burger

Chicken Tenders

Grilled Chicken Sandwich

Grilled Cheese Sandwich

Toppings: shredded lettuce, hummus, guacamole

*Condiments: ketchup, mustard, mayonnaise,
fat-free Miracle Whip®, honey mustard, BBQ sauce*

Taco Bar—*Build your own soft shell taco!*

Choice of filling: seasoned beef, shredded chicken,
refried beans

Choice of Toppings: shredded cheese, shredded lettuce,
sour cream, salsa, taco sauce, guacamole

Sides: refried beans, white rice

Pasta Bar

Pasta: Spaghetti, Penne Pasta

Sauce: Marinara, Meat, Garlic Herb

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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.

Cornmeal Crusted Trout – farm raised trout lightly dusted and sautéed to perfection, served with white rice and California blend vegetables.

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