

Bariatric Blended & Puréed Diet

(4oz Servings – 3 items allowed per tray)



Call 6363 to order

Breakfast

A la Carte

Applesauce
Pureed Peaches
Pureed Pears
Puréed Pineapple
Light Vanilla Yogurt

Hot Cereals

Cream of Wheat® — *thinned with skim milk.*

Condiments: diet syrup, Equal®, Splenda®

Morning Specialties

Low- Cholesterol Scrambled Eggs

Condiments: salt, pepper, Mrs. Dash®, ketchup, hot sauce

Lunch & Dinner

Soups & Sides

Cream of Chicken Soup
Cream of Mushroom Soup
Chicken Noodle Soup
Broth — chicken, beef, vegetable
Original Hummus

Entrées

Pureed White Fish – served with mashed sweet potatoes and pureed carrots or pureed green peas.

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

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

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