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.