

# BREAKFAST

## **THICKENED BEVERAGES**

**Juice:** Orange - Apple - Cranberry

**Coffee:** Decaffeinated

**Hot Tea:** Decaffeinated

Sweetened Iced Tea

**Peach-Mango Beverage (Sugar-Free)**

**Thickened Dairy Drink (Reduced Fat Milk)**

**Water with lemon**

**\*\*No thin liquids allowed on this diet \*\***

## **CONDIMENTS**

Butter - Smart Balance - Grape Jelly - Strawberry Jam

Diet Jelly - Syrup - Diet Syrup

**\*Breakfast Ends Daily at 10:00AM\***

Limited Items are available all day long.

## **PUREED BREAKFAST ENTRÉES**

**Pureed Scrambled Eggs**

**Pureed French Toast**

## **FRUITS:**

Peaches -Pears - Applesauce

## **CEREAL:**

**Hot:** Oatmeal - Cinnamon Oatmeal

Cream of Wheat - Cream of Rice

## **YOGURT:**

Vanilla (Regular or Light) - Plain



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# LUNCH & DINNER

## PUREED ENTRÉES

### **Chicken Francaise:**

Served with a Lemon, White Wine Sauce

### **Grilled Chicken Parmesan:**

Served with Marinara Sauce

**Oven Roasted Turkey Served with Gravy**

**Home Made Meatloaf Served with Gravy**

**Roast Beef with Gravy**

**Roasted Chicken Breast Served with Gravy**

**Vegetable Lasagna (GF)**

**Chicken Enchiladas**

## PUREED PASTA with Choice of Sauce

**Pepe Pasta**

### **Choice of Sauce:**

Marinara

Garlic, Extra Virgin Olive Oil & White Wine

Butter Sauce

Meat Sauce

Vodka Sauce

Cheese Sauce

\*Your pasta and choice of sauce will be pureed together



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# SIDES, CONDIMENTS & DESSERTS

## PUREED SIDES

Macaroni & Cheese - Mashed Potatoes

Mashed Sweet Potatoes - Cream of Rice

Carrots - Broccoli - Peas - Green Beans

\*Soups and broths are **NOT** available for  
thickened liquid diets

## DESSERTS

**Chilled Fruit:** Peaches - Pears - Applesauce

**Pudding:** (Regular or Sugar-Free)

Vanilla - Chocolate

**Pureed Apple Pie**

## DIET: IDDSI Level 4

### Pureed with moderately thick (Level 3)/

### Mildly Thick Liquids (Level 2)

Your physician has ordered a Dysphagia diet for you. Dysphagia diets are designed for problems with chewing and/or swallowing. Additionally your physician may have ordered thickened liquids to a mildly thick (2) or moderately thick (3) consistency

The International Dysphagia Diet Standardization Initiative (IDDSI), has developed a global standardized way of describing foods and drinks that are safest for people with chewing or swallowing problems.

The IDDSI framework consists of 8 levels (0 - 7), where **drinks** are measured from Levels 0 - 4, while **foods** are measured from Levels 3 - 7. Please visit <https://iddsi.org/> for further information.

Room Number: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

Diet: \_\_\_\_\_

## How to Place an Order

1. Dial 8-DINE (extension 8-3463) between the hours of 7 am and 7 pm.
2. Identify yourself to the Room Service Associate, who will verify your name, room number, and the diet ordered by your physician.
3. Place your order. Your specially prepared meal will be served to you within 90 minutes of your request.

The Department of Food and Nutrition is here to provide you with excellent service. Feel free to let your Room Service Associate know how we can help meet your food service needs.

### SPECIAL / RESTRICTED DIETS

Please note that not all menu items are appropriate for all diets. If you are on a special or restricted diet, our Room Service Associate will assist you with your meal selections.

*For your safety, we will accept your menu selections only after your physician has entered your diet order.*

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