



DAY	1	Regular	Mechanical Soft	Pureed
Breakfast				
	4oz	Juice of Choice	4oz	Juice of Choice
	6oz	Hot or Cold Cereal	6oz	Hot or Cold Cereal
	1sl	French Toast	1sl	French Toast
	2oz	Sausage	#16	Ground Sausage
	1ea	Margarine/Syrup	1ea	Margarine/Syrup
	8oz	2% Milk	8oz	2% Milk
	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water
Lunch				
	6oz	Beef Vegetable Soup	6oz	Beef Vegetable Soup
	2ea	Crackers	-	-
	#12	Ham Salad Sandwich	#12	Ham Salad Sandwich
	1/2c	Macaroni Salad	1/2c	Macaroni Salad
	1/2c	Canned Fruit of Choice	1/2c	Canned Fruit of Choice
	8oz	2% Milk	8oz	2% Milk
	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water
Dinner				
	3oz	Meat Loaf	3oz	Meat Loaf
	2oz	Gravy	2oz	Gravy
	1/2c	Scalloped Potatoes	1/2c	Scalloped Potatoes
	1/2c	Vegetable of choice	1/2c	Vegetable of choice
	1sl	Bread	1sl	Bread
	1ea	Margarine	1ea	Margarine
	1/2c	Pudding	1/2c	Pudding
	8oz	2% Milk	8oz	2% Milk
	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water

*Pre-formed puree items may be substituted for equivalent food items.

*Soups or meat salad may be substituted for similar soup or meat salad of choice.



DAY 2	Regular	Mechanical Soft	Pureed
Breakfast			
	4oz Juice of Choice 6oz Hot or Cold Cereal 4oz Sausage Gravy 1ea Biscuit 8oz 2% Milk 6oz Coffee/Tea/Water	4oz Juice of Choice 6oz Hot or Cold Cereal 4oz Sausage Gravy 1ea Biscuit 8oz 2% Milk 6oz Coffee/Tea/Water	4oz Juice of Choice 6oz Cream of Wheat or Rice #8 Pur Sausage Gravy #8 Pur Biscuit 8oz 2% Milk 6oz Coffee/Tea/Water
Lunch			
	6oz Tomato Soup 2ea Crackers 3oz Egg Salad Sandwich 1/2c Potato Salad 1/2c Fruit of Choice 1/2c Sherbet 8oz 2% Milk 6oz Coffee/Tea/Water	6oz Tomato Soup - 3oz Egg Salad Sandwich 1/2c Potato Salad 1/2c Fruit of Choice 1/2c Sherbet 8oz 2% Milk 6oz Coffee/Tea/Water	6oz Tomato Soup - #6 Pur Egg Salad Sand #8 Pur Potato Salad 1/2c Pur Fruit of Choice 1/2c Sherbet 8oz 2% Milk 6oz Coffee/Tea/Water
Dinner			
	6oz Lasagna 1/2c Green Beans 1sl Garlic Bread 1/2c Pears 8oz 2% Milk 6oz Coffee/Tea/Water	6oz Lasagna 1/2c Green Beans 1sl Garlic Bread 1/2c Pears 8oz 2% Milk 6oz Coffee/Tea/Water	#6 Pur Lasagna #10 Pur Green Beans #10 Pur Garlic Bread #8 Pur Pears 8oz 2% Milk 6oz Coffee/Tea/Water

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DAY 3		Regular	Mechanical Soft	Pureed
Breakfast				
	4oz	Juice of Choice	4oz	Juice of Choice
	6oz	Hot or Cold Cereal	6oz	Hot or Cold Cereal
	3oz	Omelet	3oz	Omelet
	1ea	Donut or Danish	1ea	Donut or Danish
	1ea	Banana	1ea	Banana
	8oz	2% Milk	8oz	2% Milk
	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water
				4oz
				Juice of Choice
				6oz
				Cream of Wheat or Rice
				#10
				Pur Omelet
				#8
				Pur Donut or Danish
				#8
				Pur Banana
				8oz
				2% Milk
				6oz
				Coffee/Tea/Water
Lunch				
	6oz	Vegetable Soup	6oz	Vegetable Soup
	2ea	Crackers	-	-
	#12	Chicken Salad Sandwich	#12	Chicken Salad Sandwich
	1/2c	Macaroni Salad	1/2c	Macaroni Salad
	1/2c	Canned Fruit	1/2c	Canned Fruit
	8oz	2% Milk	8oz	2% Milk
	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water
				6oz
				Pur Vegetable Soup OR
				6oz
				Tomato Soup
				#6
				Pur Chicken Salad Sandwich
				#8
				Pur Macaroni Salad
				#8
				Pur Canned Fruit
				8oz
				2% Milk
				6oz
				Coffee/Tea/Water
Dinner				
	6oz	Macaroni & Cheese	6oz	Macaroni & Cheese
	1/2c	Vegetable of Choice	1/2c	Vegetable of Choice
	1sl	Garlic Bread	1sl	Garlic Bread
	1/2c	Pudding w/Topping	1/2c	Pudding w/Topping
	8oz	2% Milk	8oz	2% Milk
	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water
				#6
				Pur Macaroni & Cheese
				1/2c
				Pur Vegetable of Choice
				#12
				Pur Garlic Bread
				1/2c
				Pudding w/Topping
				8oz
				2% Milk
				6oz
				Coffee/Tea/Water

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DAY 4	Regular	Mechanical Soft	Pureed
Breakfast			
	4oz Juice of Choice 6oz Hot or Cold Cereal 2ea Pancakes 2oz Sausage 1ea Margarine/Syrup 8oz 2% Milk 6oz Coffee/Tea/Water	4oz Juice of Choice 6oz Hot or Cold Cereal 2ea Pancakes #16 Grnd Sausage/Sauce 1ea Margarine/Syrup 8oz 2% Milk 6oz Coffee/Tea/Water	4oz Juice of Choice 6oz Cream of Wheat or Rice #6 Pur Pancakes #10 Pur Sausage 1ea Margarine/Syrup 8oz 2% Milk 6oz Coffee/Tea/Water
Lunch			
	#10 Sloppy Joe on Bun 3oz Potato Wedges 1/2c Chef's Choice Vegetable 1/2c Pudding w/Topping 8oz 2% Milk 6oz Coffee/Tea/Water	#10 Sloppy Joe on Bun 3oz Potato Wedges 1/2c Chef's Choice Vegetable 1/2c Pudding w/Topping 8oz 2% Milk 6oz Coffee/Tea/Water	#8 Pur Sloppy Joe on Bun #8 Mashed Potatoes/Gravy #8 Pur Veggies as Tolerated 1/2c Pudding w/Topping 8oz 2% Milk 6oz Coffee/Tea/Water
Dinner			
	3ea Chicken Tenders 2oz Dipping Sauce 1/2c Mashed Potatoes/Gravy 1/2c Capri Blend Vegetables 1ea Soft Breadstick 1/2c Fruit of Choice 8oz 2% Milk 6oz Coffee/Tea/Water	#12 Grnd Chicken/Sauce - - 1/2c Mashed Potatoes/Gravy 1/2c Capri Blend Vegetables 1ea Soft Breadstick 1/2c Fruit of Choice 8oz 2% Milk 6oz Coffee/Tea/Water	#8 Pur Chicken/Sauce - - 1/2c Mashed Potatoes/Gravy #8 Pur Capri Blend Vegetables #12 Pur Bread #8 Pur Fruit of Choice 8oz 2% Milk 6oz Coffee/Tea/Water

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DAY 5	Regular	Mechanical Soft	Pureed
Breakfast			
	4oz Juice of Choice 6oz Hot or Cold Cereal 1slc Bread or Toast 3oz Omelet 8oz 2% Milk 6oz Coffee/Tea/Water	4oz Juice of Choice 6oz Hot or Cold Cereal 1slc Bread or Toast 3oz Omelet 8oz 2% Milk 6oz Coffee/Tea/Water	4oz Juice of Choice 6oz Cream of Wheat or Rice 1ea Puree Bread Portion #10 Pur Omelet 8oz 2% Milk 6oz Coffee/Tea/Water
Lunch			
	6oz Chicken Noodle Soup 2ea Crackers #12 Tuna Salad Sandwich 1/2c Potato Salad 1/2c Ice Cream 8oz 2% Milk 6oz Coffee/Tea/Water	6oz Chicken Noodle Soup - #12 Tuna Salad Sandwich 1/2c Potato Salad 1/2c Ice Cream 8oz 2% Milk 6oz Coffee/Tea/Water	#6 Pur Chicken Noodle Soup - #8 Pur Tuna Salad Sandwich #8 Pur Potato Salad 1/2c Ice Cream 8oz 2% Milk 6oz Coffee/Tea/Water
Dinner			
	3oz Swedish Meatballs 1/2c Buttered Noodles 1/2c Carrots 1sl Bread 1ea Margarine 1/2c Peaches 8oz 2% Milk 6oz Coffee/Tea/Water	#12 Grnd Sw Meatballs/Sauce 1/2c Buttered Noodles 1/2c Carrots 1sl Buttered Bread 1ea Margarine 1/2c Peaches 8oz 2% Milk 6oz Coffee/Tea/Water	#8 Pur Sw Meatballs/Sauce #10 Pur Buttered Noodles #10 Pur Carrots #12 Pur Bread 1ea Margarine #8 Pur Peaches 8oz 2% Milk 6oz Coffee/Tea/Water

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