






Menu developed based on input from the National Dysphagia Diet: Standardization for Optimal Care.

Carbs (g): Approximate grams of carbohydrates are shown for the **entree (tray only)** and the full meal

♥ **Heart-friendly:** <800mg Sodium <30% Fat <10% Sat. Fat * **Lower Sodium:** <800mg sodium

ITEM	Breakfast	CARBS (g)
962	Biscuits & Gravy with Turkey Sausage and Cinnamon Apples and Vanilla Pudding	57 92
973	French Toast with Pork Breakfast Patty and Cinnamon Apples	82 95
*♥ 974	Creamy Corn Flakes with Blueberry Sauce and Brown Sugar Pork and Peaches and Raspberry Applesauce	73 104
975	Scrambled Eggs with Brown Sugar Pork, Bread and Cinnamon Apples 	64 77
976	Spicy Italian Style Pork Patty, Cheese Omelet and Sweet Potato Bread with Fruit and Applesauce	57 81

Lunch and Dinner

961	Chicken Pot Pie and Strawberry Shortcake and Chocolate Pudding	48 82
963	Roast Turkey with Stuffing and Gravy, Cranberry Applesauce and Chocolate Pudding 	67 102
964	Roasted Chicken with Gravy, Mashed Potatoes, Green Beans & Carrots, Applesauce and Vanilla Pudding 	31 78
966	Roast Beef with Gravy and Mashed Potatoes, Brown Sugar Glazed Carrots and Vanilla Pudding 	43 78
*♥ 968	Open Faced Roast Pork Sandwich with BBQ Sauce and Broccoli, Raspberry Applesauce and Vanilla Pudding	35 89
*♥ 969	Philly Cheesesteak Sandwich and Sweet Potatoes and Blueberry Applesauce	52 84
970	Roasted Pork with Gravy, Cheesy Mashed Potatoes and Green Beans, Applesauce and Chocolate Pudding	28 74
971	Tuna Melt with Carrots, Blueberry Applesauce and Chocolate Pudding	31 85
972	Meatloaf with Mashed Potatoes and Green Beans, Raspberry Applesauce and Vanilla Pudding 	45 99

Customer Favorite

All Meals Include Milk.

Please select the meals that are most appropriate for your dietary needs.

Menus are subject to change.

As with any kitchen, there are times when availability of ingredients can fluctuate due to seasonal changes causing us to utilize alternative options with like nutritional.

**Refrigerate meals
 upon arrival.**



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