

	Regular Level 7	Serving	Temperature	Dental	Temperature	Level 7	Temperature	Level 6	Temperature	Level 5	Temperature	Level 4	Temperature	RCS	Temperature	Renal	Temperature	2 gm Na	Temperature	AHA/Cardiac	Temperature	Gluten Restricted	Temperature	Hi Cal/Fortified	Temperature
A M				Mech Soft		Easy to Chew		Soft & Bite Size		Minced & Moist		Pureed Extremely Thick													
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Fruit	Grapes	# 8		Canned Peaches				SBS Canned Peaches, Drained		MM Peaches, Drained		X-Pureed		X		X		X		X		X		X	
Starch	Choice of Cereal	3/4 cup or 1 oz		X		X- Soft Texture		X-SBS Cold Cereal Soaked in Yogurt or Hot Cereal 1 Consistency		X-MM Cold Cereal Soaked in Yogurt or Hot Cereal 1 Consistency		X-Pureed		X		X		X		X		GF Cereal		8 oz.Fortified Cereal	
Starch	Choice of Toast	1 slice		X- Soft		X		X-Pregelld		X-Pregelld		X-Pureed		X		X		X		Wheat		Gluten Free Bread		X + 1 T Margarine	
Special	Crustless Spinach Quiche	1/8 Slice		X-Ground Ham		X- Ground Ham		X- SBS w/ ground Ham		X-MM		X- Pureed		X		X- Omit Ham & Cheese		X- Omit Ham & Cheese		X- Omit Ham & Cheese		X		X + 1 oz Cheese	
Juice	Choice of Vitamin C Juice	4 oz		X		X		X		X		X		X		Apple		X		X		X		X	
Beverage	Milk	8 oz		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk	
Noon																									
Entree	Pork Roast	3 oz		Ground w/ Gravy		X		X-SBS		X-MM		X- Pureed		X		X		X		X		X		X	
Condiment	Pork Gravy	1-2 oz		X		X		X Extremely Thick		X Extremely Thick		X- Pureed Extremely Thick		X		X		X		X		GF Gravy		X	
Starch	Mashed Potatoes	#8		X		X		X		X- MM		X- Pureed		X		No- #8 Pasta		X		X		X		X + 1 T Margarine	
Vegetable	Green Beans	#8		X		X		X-SBS		X-MM		X- Pureed				X		X		X		X		X + 1 T Margarine	
Bread	Asst. Bread Basket	1 serving		X-Soft		X		X-Pregelld		X-Pregelld		X- Pureed		No		X		X		Wheat		Gluten Free Roll		X	
Dessert	Apricot Cobbler	#12		X-Soft		X		X- SBS, Drain Excess Liquid		X-MM Drain Excess Liquid		X- Pureed		X		X		X		X		#8 Apricots		X + Whipped Cream	
Beverage	Choice of Beverage	8 oz		X		X		X		X		X		Diet		As Allowed		No Milk		X		X		8 oz. Whole Milk	
P M																									
Entrée	Asian Chicken Salad with Peanut Dressing	1 salad		Shred Veg Grind Meat, No Nuts		No-Chicken with Steam Veg		No- SBS Chicken Breast w SBS Vegetable Medley		No- MM Chicken & MM Veg Medley		No- Pureed Chicken, Pureed Veg Medley		X		X- Omit Teriyaki Sauce, Cashews		X- Omit Teriyaki Sauce		X- Omit Teriyaki Sauce, Cashews		X- No Teriyaki, Soy Sauce, Chow Mein Noodles		X + 1 oz Cashews + Extra Dressing	
Starch	Soft Baked Dinner Roll	1 each		X-Soft		X		X-Pregelld		X-Pregelld		X- Pureed		X		White Roll		White Roll		X		GF Roll		X + 1 T Margarine	
Dessert	Banana Pudding	#8		X		X		X-Pudding with 1/2" SBS Banana Pieces		X-MM		X-Pureed		1/2 Portion		Sherbet		Homemade per Recipe or Sherbet		Homemade per Recipe or Sherbet		GF Ice Cream w/ Banana		X + 1 T Whipped Cream	
Beverage	Milk	8 oz		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk	
												SBS= Bite Size (fork width) or approx 1/2 inch													
												MM= Minced & Moist, 1/8 inch size (between fork prongs) for adults, 2mm for pediatrics, often moisture added													
												Pureed= Pureed Extremely Thick, often requires added moisture & thickner													
												Red= Mixed Consistency Restriction													
												Extremely Thick= Thick enough that no liquid runs to avoid 2 consistencies													
												Brown= Transitional Food Restriction													
												LS- Low Salt, LF= Low Fat													
												GF= Gluten Free													
This guide provides suggestions for appropriate foods however all foods must pass IDDSI testing methods. Test all foods before serving.																									

	Regular	Serving	Temperature	Dental	Temperature	Level 7	Temperature	Level 6	Temperature	Level 5	Temperature	Level 4	Temperature	RCS	Temperature	Renal	Temperature	2 gm Na	Temperature	AHA/Cardiac	Temperature	Gluten	Temperature	Hi Cal/Fortified	Temperature	
AM				Mech Soft		Easy to Chew		Soft & Bite Size		Minced & Moist		Pureed Extremely Thick														
This guide provides suggestions for appropriate foods however all foods must pass IDDSI testing methods. Test all foods before serving.																										
Fruit	Fresh Melon	1 slice or 1/2 cup		X- Soft pieces		X		X-No watermelon, SBS Melon or canned drained fruit		X-No watermelon, MM Melon or MM canned drained fruit		X-Pureed		X		Watermelon or Renal Fruit		X		X		X		X		
Starch	Choice of Cereal	3/4 cup or 1 oz		X		X- Soft Texture		X-SBS cold cereal soaked in yogurt or hot cereal 1 consistency		X-MM Cold Cereal soaked in yogurt or hot cereal 1 consistency		X-Pureed		X		X		X		X		GF Cereal		8 oz.Fortified Cereal		
Protein	Choice of Egg	1 ea		X		X		X-SBS Extremely thick cooked		X-MM Extremely Thick Cooked		X-Pureed		X		X		X		Egg beater		X		X		
Special	Country Biscuits w/Sausage Gravy	# 8/1		X		X		Biscuit soak w/, Thick Gravy SBS		X-MM- Mixed Together Thick		X-Pureed		X		X		Plain Biscuit		Plain Biscuit		GF Biscuit w GF Sausage		X		
Juice	Choice of Vitamin C Juice	4 oz		X		X		X		X		X		X		Apple		X		X		X		X		
Beverage	Milk	8 oz		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk		
NOON																										
Protein	Shrimp Scampi	2 oz		X-Ground		No- Chicken		No- SBS Chicken		No- MM Chicken		No- Pureed		X		2 oz Chicken		2 oz Chicken		2 oz Chicken		X		X		
Entree	Fettuccini Alfredo	#8		X		X		X-SBS Extremely Thick Sauce		X- MM Extremely Thick		X-Pureed		X		X-Omit Salt, LS Broth, Omit Cheese		X-Omit Salt, LS Broth, Omit Cheese		X-Omit Salt, LS Broth		X-GF Pasta		X+ 1 T Parmesan		
Vegetable	Summer Squash Medley	#8		X-Soft, chopped		X		X-Steamed SBS		X-Steamed MM		X-Pureed		X		X		X		X		X		X+ 1 T Margarine		
Bread	Garlic Bread	1 slice		X-Soft		X		X-Pregelld		X-Pregelld		X- Pureed		X		X-LS		X-LS		X-LS		X-GF Bread		X		
Dessert	Strawberry Shortcake	1/10 slice		X		X		X-SBS, Moist, Extremely Thick		X-MM Extremely Thick		X- Pureed		X		X		X		Fresh Strawberries		Fresh Strawberries		X+ 1/4 c Ice Cream		
Beverage	Choice of Beverage	8 oz		X		X		X		X		X		Diet		As Allowed		No Milk		X		X		8 oz. Whole Milk		
PM																										
Entrée	Ham & Cheddar Sandwich	1 ea		X- Ground Meat		X		X-Pregelld Bread, SBS		X- Pregelld Bread, MM		X-Pureed		X		LS Turkey Sandwich		LS Turkey Sandwich		LS Turkey Sandwich		X-on GF Bread		X+ 1 oz Cheese		
Starch	Beef & Barley Soup	# 6		X		X		Pureed #6		Pureed #6		Pureed #6		X		X-#8		X-#8		X-#8		GF Soup		X		
Dessert	Oatmeal Raisin Cookie	1 ea		X- Omit Raisins		X		X- Omit Raisins, SBS		X-MM- Omit Raisins		X-Pureed		X		X		X		X		GF Cookie or Fruit		X+#8 ice cream		
Beverage	Milk	8 oz		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk		
NAS diet is regular diet without salt packet.										SBS= Bite Size (fork width) or approx 1/2 inch										This guide provides suggestions for appropriate foods however all foods must pass IDDSI testing methods. Test all foods before serving.						
Small portion diet is 1/2 portion of regular diet except bread and dessert which remain the same.										MM= Mined & Moist, 1/8 inch size (between fork prongs) for adults, 2mm for pediatrics, often moisture added																
Large portion diet is 1 & 1/2 portion of regular diet except bread and dessert which remain the same.										Pureed= Pureed Extremely Thick, often requires added moisture & thickner																
Variety of rolls/bread may be served to non-restrictive diets as residents desire.										Extremely Thick= Thick enough that no liquid runs to avoid 2 consistencies																
All Liquids thickened as per diet order.										LS- Low Salt, LF= Low Fat																
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	Regular	Serving	Temperature	Dental	Temperature	Level 7	Temperature	Level 6	Temperature	Level 5	Temperature	Level 4	Temperature	RCS	Temperature	Renal	Temperature	2 gm Na	Temperature	AHA/Cardiac	Temperature	Gluten Restricted	Temperature	Hi Cal/Fortified	Temperature	
AM				Mech Soft		Easy to Chew		Soft & Bite Size		Minced & Moist		Pureed Extremely Thick														
This guide provides suggestions for appropriate foods however all foods must pass IDDSI testing methods. Test all foods before serving.																										
Starch	Choice of Cereal	3/4 cup or 1 oz		X		X- Soft Texture		X-SBS cold cereal soaked in yogurt or hot cereal 1 consistency		X-MM Cold Cereal soaked in yogurt or hot cereal 1 consistency		X-Pureed		X		X		X		X		GF Cereal		8 oz.Fortified Cereal		
Meat	Bacon	1 ea		Ground Ham		No- Ground Ham		Ground Ham		MM Ham		Pureed Ham		X		X		X		X		X		X		
Special	Fruit Turnover	1 ea		X		X		X- SBS Extremely thick		X-MM Extremely thick		X-Pureed		1/2 Portion		X		X		1/2 portion		GF Pastry		X		
Protein	Fried Egg	1 each		X		X		X- SBS Extremely thick		X-MM Extremely thick		X-Pureed		X		X		X		Egg Sub		X		X		
Juice	Choice of Vitamin C Juice	4 oz.		X		X		X		X		X		X		Apple		X		X		X		X		
Beverage	Milk	8 oz		X		X		X		X		X		4 oz		4 oz.		X		Skim		X		8 oz. Whole Milk		
Noon																										
Entree	Hawaiian Chicken	3 oz		X- Omit Pineapple Ground w/ Sauce		X-Omit Pineapple		Pureed Extremely Thick Pineapple, Pureed Extremely Thick Sauce- SBS Chicken		Pureed Extremely Thick PineappleMM Chicken Pureed Extremely Thick Sauce		X Pureed		X		X-Omit Soy Sauce		X-Omit Soy Sauce		X-Omit Soy Sauce		X-Omit Soy Sauce		X		
Starch	Jasmine Rice	#8		X		X		Rice w/ Extremely Thick Sauce		Flavored Rice Cereal		Pureed Flavored Rice Cereal		X		X		X-LS		X-LS		X		X + 1 Tbsp butter		
Vegetable	Fresh Vegetable Medley	#8		X- Soft		X		X-SBS		X-MM		X-Pureed		X		X-No Tomatoes		X-LS		X-LS		X		X + 1 Tbsp butter		
Bread	Choice of Bread	1 serving		X-Soft		X		X-Pregelld		X-Pregelld		X- Pureed		No		X		X		Wheat		Gluten Free Roll		X + 1 Tbsp butter		
Dessert	Coconut Cream Pie	1/10 Slice		X- Omit Flakes		X- Omit Flakes		X-SBS- Omit Coconut- Or Puree		X-MM- Omit Coconut or Puree		X- Pureed		1/2 Portion		X		X		1/2 slice		GF Dessert or Fruit		X+ Whip Cream		
Beverage	Choice of Beverage	8 oz		X		X		X		X		X		Diet		As Allowed		No Milk		X		X		8 oz. Whole Milk		
PM																										
Entrée	Shepherd's Pie	1 ea		X- Ground Meat		X		X-SBS Omit Peas, Extremely thick		X-MM Omit Peas Extremely thick		Pureed #6		X		No- Beef Patty w/ Pasta and LS Gravy		X-Omit Salt		X-Omit Salt		X-Omit Flour		X + 1 oz cheese		
Vegetable	Normandy Blend Vegetables	1/2 cup		X- Soft,		X		X-SBS		X-MM		X-Pureed		X		X		X		X		X		X + 1 Tbsp butter		
Bread	Rosemary Herb French Bread	1 slice		X-Soft		X		X-Pregelld		X-Pregelld		X- Pureed		No		X		X		Wheat		Gluten Free Roll		X + 1 Tbsp butter		
Dessert	Fresh Fruit Cup	1/2 Cup		Soft, chop or Canned		X- Soft		X-SBS fresh soft or canned drained		X-MM fresh soft or canned drained		X- Pureed		X		Renal Fruit		X		X		X		X		
Beverage	Milk	8 oz		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk		
NAS diet is regular diet without salt packet.										SBS= Bite Size (fork width) or approx 1/2 inch										This guide provides suggestions for appropriate foods however all foods must pass IDDSI testing methods. Test all foods before serving.						
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Date(s) Served: _____

	Regular	Serving	Temperature	Dental	Temperature	Level 7	Temperature	Level 6	Temperature	Level 5	Temperature	Level 4	Temperature	RCS	Temperature	Renal	Temperature	2 gm Na	Temperature	AHA/Cardiac	Temperature	Gluten Restricted	Temperature	Hi Cal/Fortified	Temperature	
A M				Mech Soft		Easy to Chew		Soft & Bite Size		Mined & Moist		Pureed Extremely Thick														
	This guide provides suggestions for appropriate foods however all foods must pass IDDSI testing methods. Test all foods before serving.																									
Starch	Choice of Cereal	3/4 cup or 1 oz		X		X- Soft Texture		X-SBS cold cereal soaked in yogurt or hot cereal 1 consistency		X-MM Cold Cereal soaked in yogurt or hot cereal 1 consistency		X-Pureed		X		X		X		X		GF Cereal		8 oz.Fortified Cereal		
Meat	Scrambled Egg	#16		X		X		X-SBS		X-MM		X-Pureed		X		X		X		Use Egg Sub		X		X + 1 oz Cheese		
	Honey Glazed Ham	2 oz		X- Ground Ham		X- Ground Ham		X-MM		X-MM		X-Pureed		X		NO		No		No		X-GF		X		
Special	Blueberry Muffin	1 ea		X		X- omit blueberries or puree		X- Pureed		X- Pureed		X-Pureed		1/2		X		X		X		Gluten Free Muffin		X		
Juice	Choice of Vitamin C Juice	4 oz		X		X		X		X		X		X		Apple		X		X		X		X		
Beverage	Milk	8 oz		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk		
Noon																										
Entrée	Homestyle Lasagna	1 slice		X		X		X-SBS		X-MM		X-Pureed		X		No- Pasta w/LS Meatballs & Gravy		No- Pasta w/LS Meatballs & Gravy		No- Pasta w/LS Meatballs & Gravy		X-GF Pasta		X+ 1-2 oz Extra Cheese		
Vegetable	Tossed Salad w/ Dressing	1 cup/ 1-2 oz		Shredded Lettuce		No- Cooked Spinach		No- Pureed Spinach		No- Pureed Spinach		No- Pureed Spinach		X		X- No Tomato, LS Dressing		X- LS Dressing		X- LS, LF Dressing		X		X+ 1-2 oz Extra Cheese		
Bread	Choice of Bread	1 serving		X-Soft		X		X-Pregelld		X-Pregelld		X- Pureed		X		X		X		Wheat		Gluten Free Roll		X + 1 Tbsp butter		
Dessert	Chilled Pears	#12		X-Soft, Diced		X		X-SBS Drained		X- MM Drained		X- Pureed		X		X		X		X		X		X		
Dessert	Ice Cream	1 Each		X		X		X		X		X		X		Sherbet		X		Sherbet		X-GF		X		
Beverage	Choice of Beverage	8 oz		X		X		X		X		X		Diet		As Allowed		No Milk		X		X		8 oz. Whole Milk		
P M																										
	Italian Turkey Sandwich	1 Each		X-Ground Meat		X		Pregelld bread,		X-Pregelld bread		X-Pureed		X		X- Omit Cheese		X- Omit Cheese		X- Omit Cheese &		X-GF Bread		X+ 1 oz Cheese		
	w/ Lettuce & Tomato	#8		X		No- Cooked Veg		No- SBS Cooked Veg		No- MM Cooked Veg		No- Pureed Veg		X		X-No Tomato		X		X		X		X		
	Pasta Salad	1-2 oz		X		X-Omit raw veg		X- SBS Omit raw Veg- Extremely Thick		X- MM- Omit raw Veg MM Extremely Thick		X- Pureed Omit raw veg		X		X- Omit Cheese & Olives		X- Omit Cheese & Olives		X- Omit Cheese & Olives		X-GF Pasta		X + 1 oz Cheese		
	Raspberry Gelatin Dessert	#8		X-drained		X		No- Applesauce flavored w/ Dry Rasp Gelatin		No- Applesauce flavored w/ Dry Rasp Gelatin		No- Pureed Applesauce flavored w/ Dry Rasp Gelatin		X-SF Gelatin or 1/2 Portion		X		X		X		X		X + Whipped Cream		
Beverage	Milk	8 oz		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk		
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A M				Mech Soft		Easy to Chew		Soft & Bite Size		Minced & Moist		Pureed Extremely Thick														
This guide provides suggestions for appropriate foods however all foods must pass IDDSI testing methods. Test all foods before serving.																										
Fruit	Banana	1/2 ea		X		X		X-SBS		X-MM		X-Pureed		X		Strawberries or Renal Fruit		X		X		X		X		
Starch	Choice of Cereal	3/4 cup or 1 oz		X		X- Soft Texture		X-SBS cold cereal soaked in yogurt or hot cereal 1 consistency		X-MM Cold Cereal soaked in yogurt or hot cereal 1 consistency		X-Pureed		X		X		X		X		GF Cereal		8 oz.Fortified Cereal		
Meat	Sausage Link	1 ea		Ground		X		X-SBS or MM if needed		X-MM		X-Pureed		X		No		No		Use Egg Substitute		X		X		
Special	French Toast	1 slice		X		X		X-Pregelld		X-Pregelld		Pureed With Syrup		1/2 Portion		X		X		Egg Sub French Toast		X-Use Gluten Free Bread-Prepare Separately		X + 1 T Margarine		
Condiment	Maple Syrup	1-2 oz		X		X		X in pregel (thick)		X-in pregel (thick)		In puree		Diet		X		X		X		GF Maple Syrup		X		
Juice	Choice of Vitamin C Juice	4 oz		X		X		X		X		X		X		Apple		X		X		X		X		
Beverage	Milk	8 oz		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk		
Noon																										
Entree	Bacon Wrapped Chopped Steak	3 oz		X-Omit Bacon, Ground Meat		X- Omit Bacon		X-Omit Bacon, SBS w/ Extremely Thick Sauce		No- Bacon, MM, Extremely Thick Sauce		X- No Bacon, Pureed		X		3 oz Beef Patty		X								
Starch	Roasted Red Potatoes	# 8		X		X		X-SBS, Peeled		X-Peeled MM		X-Pureed		X		#8 Pasta		X		X		X		X + 1 T Margarine		
Vegetable	Buttered Corn	# 8		Creamed Corn		No- Cooked Green Beans		No- SBS Green Beans		No- MM Green Beans		No- Pureed Green Beans		X		X		X		X		X		X + 1 T Margarine		
Bread	Choice of Bread	1 serving		X-Soft		X		X-Pregelld		X-Pregelld		X- Pureed		No		X		X		Wheat		Gluten Free Roll		X + 1 Tbsp butter		
Dessert	Seasonal Fruit	1/2 Cup		Soft, chop or		X- Soft		X-SBS fresh soft		X-MM, Fresh soft		X- Pureed		X		Renal Fruit		X		X		X		X		
Beverage	Choice of Beverage	8 oz		X		X		X		X		X		Diet		As Allowed		No Milk		X		X		8 oz. Whole Milk		
P M																										
Entrée	Sweet & Sour Pork	6 oz		X Omit Pineapple-Grind Meat		X - Pork w/Pureed sauce		X-Pureed Extremely Thick Sauce		X-Pureed Extremely Thick Sauce		X- Pureed		X		X-Substtue LS Base & Omit Soy Sauce		X-Substtue LS Base & Omit Soy Sauce		X-Substtue LS Base & Omit Soy Sauce		3 oz Plain Pork Chop		X		
Starch	Brown Rice	# 12		X		X		White Rice w/ Sauce		Flavored Rice Cereal		Pureed Flavored Rice Cereal		X		X		X		X		X		X + 1 T Margarine		
Vegetable	Asian Stir Fry Vegetables	# 8		X-Omit Water Chestnts & Celery Soft, chopped		No- Steam Carrots		No- SBS Steamed Carrots		No- MM Carrots		No- Pureed Carrots		X		X		X		X		X		X		
Dessert	Angel Food Cake with Berries	2 oz, 1oz		X		X		X- SBS Slurried Extremely Thick		X- MM Extremely Thick		X- Pureed		X		X		X		X		GF Cake		X +1 Tbsp Whipped Cream		
Beverage	Milk	8 oz		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk		
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Date(s) Served: _____

	Regular	Serving	Temperature	Dental	Temperature	Level 7	Temperature	Level 6	Temperature	Level 5	Temperature	Level 4	Temperature	RCS	Temperature	Renal	Temperature	2 gm Na	Temperature	AHA/Cardiac	Temperature	Gluten Restricted	Temperature	Hi Cal/Fortified	Temperature	
AM				Mech Soft		Easy to Chew		Soft & Bite Size		Minced & Moist		Pureed Extremely Thick														
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Starch	Choice of Cereal	3/4 cup or 1 oz		X		X- Soft Texture		X-SBS cold cereal soaked in yogurt or hot cereal 1 consistency		X-MM Cold Cereal soaked in yogurt or hot cereal 1 consistency		X-Pureed		X		X		X		X		GF Cereal		8 oz.Fortified Cereal		
Meat	Bacon, Cheddar & Chive Eggs	#16		X- Omit Bacon		X- Omit Bacon		X- SBS Omit Bacon		X-MM Omit Bacon		X-Omit Bacon Pureed		X		X		X		X		X		X		
Special	Morning Glory Muffin	1 ea.		X- Omit Nuts & Raisins		X- Omit Nuts & Raisins		No- Slurried Bread		No- Slurried Bread		No- Pureed Bread		X		X		X		X		GF Muffin		X+ 1 Tbsp Margarine		
Juice	Choice of Vitamin C Juice	4 oz		X		X		X		X		X		X		Apple		X		X		X		X		
Beverage	Milk	8 oz		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk		
Noon	Resident Choice Meal, to be																									
Bread	Choice of Bread	1 serving		X-Soft		X		X-Pregelld		X-Pregelld		X- Pureed		No		X		X		X		Wheat		Gluten Free Roll		X + 1 Tbsp butter
Beverage	Choice of Beverage	8 oz		X										Diet		As Allowed		No Milk		X		X		8 oz. Whole Milk		
PM								X		X		X														
Entree	Fish Patty Sandwich	1 each		X- Flakeable fish, Shredded lettuce		X- No raw Veg or pickle		Pregelld Bread, SBS fish, No Veg or pickle		X-Pregelld bread-MM Fish, No Veg or Pickle		X- Pureed No Veg or Pickle		X		3 oz Unbreaded Fish on Bun No-Tartar Sauce, No pickle or tomato		3 oz Unbreaded Fish on Bun No-Tartar Sauce, No pickle		3 oz Unbreaded Fish on Bun No- Tartar Sauce, No pickle		3 oz Unbreaded Fish on GF Bread No-Tartar Sauce, No pickle		X+ 1 oz Cheese		
Starch	Sweet Potato Fries	1/2 cup		X- Soft		X- Peeled		X-SBS Peeled		X-MM Peeled		X-Pureed Peeled		X		No-Renal Veg		X		X		X		X		
Vegetable	Gourmet Vegetable Salad	#8		No- #8 Steamed Veg		No- #8 Steamed Veg		No-SBS Steamed Veg		NO- MM Veg		No- Pureed Veg		X		X		X		X		X		X		
Dessert	Lemon Poke Cake	1/20 Slice		X		X		X- SBS Moistened Extremely Thick		X- MM Extremely Thick		X- Pureed		1/2 portion		X		X		#8 Fruit		GF Cake or Fruit		X + Ice cream		
Beverage	Milk	8 oz		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk		
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Starch	Choice of Cereal	3/4 cup or 1 oz		X		X- Soft Texture		X-SBS cold cereal soaked in yogurt or hot cereal 1 consistency		X-MM Cold Cereal soaked in yogurt or hot cereal 1 consistency		X-Pureed		X		X		X		X		GF Cereal		8 oz.Fortified Cereal		
Starch	Pancakes	2 ea		X		X		X-Pregelld		X-Pregelld		Pureed With Syrup		X		X		X		X		GF Pancakes		X		
Condiment	Maple Syrup	1-2 oz		X		X		X in pregel (thick)		X-in pregel (thick)		In puree		Diet		X		X		X		GF Maple Syrup		X		
Meat	Sausage	1 oz		Ground		X		X-SBS		X-MM		X-Pureed		X		X		X		X		X		X		
Juice	Choice of Vitamin C Juice	4 oz		X		X		X		X		X		X		Apple		X		X		X		X		
Beverage	Milk	8 oz		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk		
Noon																										
Entrée	Herb Crusted Roast Beef	2 oz		Ground w/ Sauce		X		X-SBS		X-MM		X-Pureed		X		X		X		X		X- Omit Worcestershrie Sauce		X		
Starch	Mashed Potatoes	# 8		X		X		X		X-MM		X- Pureed		X		Buttered LS Rice		X		X		X		X + 1 T Margarine		
Vegetable	Seasoned Spinach	# 8		X-Soft,		X		X-Pureed		X-Pureed		X-Pureed		X		X		X		X		X		X + 1 T Margarine		
Bread	Choice of Bread	1 serving		X-Soft		X		X-Pregelld		X-Pregelld		X- Pureed		X		X		X		X		Wheat		Gluten Free Roll		X + 1 Tbsp butter
Dessert	Spiced Peach Halves	#8		X		X		X-SBS, drained		X-MM, drained		X-Pureed		X		X		X		X		X		X + 2 Tbsp Cream		
Beverage	Milk	8 oz		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk		
P M																										
Entrée	White Chicken Chili	3/4 cup		X		X		X- Pureed		X- Pureed		X- Pureed		X		X		X		X		X		X + 1 oz cheese		
Entrée	Cornbread	1 ea		X		X		X-Pregelld		X-Pregelld		X- Pureed		No		X		X		X		X		GF Bread		X
	Honey Butter	1 oz		X		X		X- mixed in gel		X- Mixed in gel		X- in puree bread		No		X		X		X		Honey Only		X		X
Salad	Cottage Cheese/ Pineapple	1 cup		Cottage Cheese & peaches		Cottage Cheese & peaches		X- Omit Pineapple Serve w/draind peaches		X- Omit Pineapple, MM w/ MM peaches drained		X- Pureed		X		Pineapple only		Pineapple only		Pineapple Only		X		X		
Dessert	No Bake Cookie	1 ea		X		No- Pudding		No- pudding		No- pudding		No- Pudding		X		X		X		X		GF Cookie- Use GF oats		X		
Beverage	Milk	8 oz		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk		
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