





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

D Diabetic-friendly: All meals contain <75g of carbohydrates.

ITEM	Breakfast Meals	CARBS (g)
98962	Biscuits & Gravy with Turkey Sausage and Cinnamon Apples and Vanilla Pudding	57 80
98973	French Toast with Pork Breakfast Patty and Cinnamon Apples	82 -
98974	Creamy Corn Flakes with Blueberry Sauce and Brown Sugar Pork and Peaches and Raspberry Applesauce	73 92
98975	Scrambled Eggs with Brown Sugar Pork, Bread and Cinnamon Apples 	64 - D
98976	Spicy Italian Style Pork Patty, Cheese Omelet and Sweet Potato Bread with Fruit and Applesauce	57 69 D

Lunch and Dinner

98961	Chicken Pot Pie and Strawberry Shortcake and Chocolate Pudding	48 70 D
98963	Roast Turkey with Stuffing and Gravy and Cranberry Applesauce and Chocolate Pudding 	67 89
98964	Roasted Chicken with Gravy, Mashed Potatoes, Green Beans & Carrots, Applesauce and Vanilla Pudding 	31 66 D
98966	Roast Beef with Gravy, Mashed Potatoes and Brown Sugar Glazed Carrots and Vanilla Pudding 	43 66 D
98968	Open Faced Roast Pork Sandwich with BBQ Sauce and Broccoli, Raspberry Applesauce and Vanilla Pudding	35 77
98969	Philly Cheesesteak Sandwich and Sweet Potatoes and Blueberry Applesauce	52 72 D
98970	Roasted Pork with Gravy, Cheesy Mashed Potatoes, and Green Beans, Applesauce and Chocolate Pudding	28 62 D
98971	Tuna Melt with Carrots, Blueberry Applesauce and Chocolate Pudding	31 73 D
98972	Meatloaf with Mashed Potatoes and Green Beans, Raspberry Applesauce and Vanilla Pudding 	45 87

 **Customer Favorite**

{ Refrigerate meals
upon arrival. }

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.



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