

One Day You May Rehabilitation Center Dysphagia Menu

Breakfast – Friday

Juice

Apple Juice*

Fruit

Fresh Cut Honeydew Slices*

Hot Cereal

Wheat Chocolate Pudding*

Cold Cereal

Asst. Cold Cereal

Served with 2% milk

Entrée

Garlic mashed potatoes*

Scrambled eggs and spinach

Sides

Turkey Sausage Patty*

Bread pudding

Apple cinnamon scones

Bread

Asst. Bread

Whole Wheat Bread*

Additional Beverages

Coffee, Tea*, Milk

Condiments

Salt, Pepper, Sugar, Honey*,
Strawberry Jam*

Lunch – Friday

Soup

Potato chowder with Broccoli and Cheese*

Salad

Cobb salad with ham, hard-boiled egg,
lettuce, tomatoes, and grilled chicken

Entrée

White Rice and Mongolian Beef

Hawaiian Pizza Mini Bites

Vegetables

Oven Roasted Broccoli Florets*

Oven Roasted Carrots

Starch

Baked Tender French Fries*

Second starch included in Macaroni

Dessert

Soft Chocolate Chip Cookies

Sliced Strawberries with Chocolate

Drizzle*

Bread

Asst. Bread

Soft Sourdough Roll*

Additional Beverages

Coffee, Tea*, Milk*

Condiments

Salt*, Pepper*, Sugar, Ketchup*, Butter*

House Diet: *

Dinner – Friday

Soup

Roasted Butternut Squash and Shallot
Soup

Salad

Traditional Shredded Cesar Salad
w/Cesar Dressing*

Entrée

Savory Bean and Four-Cheese

Quesadilla

Apricot Glazed Thinly Sliced Pork
Tenderloin

Vegetables

Baked Herb Topped Tomato Slices

Oven Roasted Butternut Squash*

Starch

Garlic Mashed Potatoes*

Soft Jalapeno Corn Bread

Dessert

Chocolate Cream Pie*

Fresh Fruit Trifle

Bread

Asst. Bread

Soft French Bread w/Garlic Spread*

Additional Beverages

Coffee, Tea*, Milk*

Condiments

Salt*, Pepper*, Sugar, Ketchup*, Butter*