



# COMPLETE MEALS

MEALS OFFERED IN LEVEL 4 (PUREE), LEVEL 5 (MINCED & MOIST), & LEVEL 6 (SOFT & BITE-SIZED) OF INTERNATIONAL DYSPHAGIA DIET STANDARDIZATION INITIATIVE (IDDSI). RENAL OFFERED IN LEVEL 7 (REGULAR) ONLY. MEALS ARE PACKAGED IN THREE-COMPARTMENT TRAYS (TV-DINNER STYLE). ENTREE IS 4.5 OZ AND SIDES ARE 3 OZ EACH.

## BREAKFAST MEAT

PANCAKES, TURKEY SAUSAGE, EGGS  
SCRAMBLED EGGS, TURKEY SAUSAGE, ZUCCHINI

WAFFLE, TURKEY SAUSAGE, MIXED BERRIES  
WESTERN OMELET, BREAKFAST SAUSAGE, & POTATO

## VEGETARIAN

FRENCH TOAST, EGGS, PEARS  
FRENCH TOAST, EGGS, MIXED BERRIES  
PANCAKES, EGGS, BLUEBERRIES

SCRAMBLED EGGS, POTATOES, FRUIT COCKTAIL  
WESTERN OMELET, POTATO, EGGPLANT VEGETABLE

## LUNCH/DINNER

### MEAT

CHICKEN W/VEGETABLES, GREEN BEANS, CARROTS  
CHICKEN POT PIE, GREEN BEANS, MIXED BERRIES  
CHICKEN W/RICE, PEAS, BUTTERNUT SQUASH  
CHICKEN DUMPLINGS, PEAS, SQUASH  
CHICKEN ENCHILADA, BROCCOLI, CORN  
TURKEY, BREAD STUFFING, CRANBERRIES  
SEAFOOD CASSEROLE, BROCCOLI, CHERRY COBBLER

MEATLOAF, BUTTERNUT SQUASH, POTATOES  
POT ROAST, GREEN BEANS, CARROTS  
PORK W/VEGETABLES, SWEET POTATOES, & BAKED APPLE  
PORK W/BBQ SAUCE, CORN, BAKED POTATO  
BEEF W/ BBQ SAUCE, CORN, BAKED BEANS  
PEPPER BEEF, SPINACH, POTATOES

### VEGETARIAN

VEGETARIAN LASAGNA, CARROTS, GREEN BEANS

MACARONI & CHEESE, BROCCOLI, CARROTS

## RENAL

CHICKEN W/GRAVY, WHITE RICE, CARROTS  
MEATLOAF W/GRAVY, WHITE RICE, GREEN BEANS

POT ROAST, ROTINI PASTA, GREEN BEANS  
TURKEY W/GRAVY, ROTINI PASTA, CARROTS & PEAS

OUR MENU INCLUDES MANY VEGAN, GLUTEN FREE, DAIRY FREE, AND SOY FREE ITEMS.  
PLEASE CALL US FOR MORE DETAILS.