

Dysphagia Menu Modification

Day	Meal	Food	Portion	Instructions
Day 1	Breakfast	Strawberries, fresh	0.25 cup	Pureed
		Buttermilk Pancakes	2 each	Slurry and thicken if needed
		Maple Syrup	1 ounce	
		Milk Shake, Super Chocolate, dry mix	0.25 cup	Add water and thicken as needed
	Lunch	Chicken Breast, grilled	3 oz.	Pureed and molded
		Bread, puree solutions, dry mix	2 oz.	
		Peaches, frozen	1 serving	Pureed and shaped
		Peas, green	1 cup	Pureed and molded
	Dinner	Pork	5.5 oz.	Pureed and shaped
		Peaches, fresh	1 cup	Pureed
		Carrots, fresh	0.5 cup	Purred and molded
		Green Beans,	0.5 cup	Pureed and molded
		Corn	0.5 cup	Pureed and molded
		Broccoli	0.5 cup	Pureed and shaped
		White Rice	1 cup	Pureed and molded
	HS Snack	Peaches, sliced, frozen	0.75 cup	Blend into a smoothie and thicken to a honey consistency
		Honeydew	0.25 cup	
		Cantaloupe	0.25 cup	
		Milk, nonfat, w/add A&D	0.5 cup	
		Greek Yogurt	0.5 cup	
Day 2	Breakfast	Ham & Cheese Delight Pureed Dish	1 serving	
		Milk Shake, Super Vanilla, dry mix	0.5 cup	Add water and thicken if needed
		Egg & Toast Puree Solutions, dry mix	0.33 cup	Add water, thicken if needed
	Lunch	Pineapple, puree, shaped, frozen	1 serving	
		Avocado	3 tbsp.	Pureed
		Chicken, puree	2 serving	
		Chili, beef w/beans, puree	1 serving	
		Broccoli, cooked	1 cup	Pureed and molded
		Bread, Puree Solutions, dry mix	1 tbsp.	
	Dinner	Turkey breast	5 oz.	Pureed and molded
		Cranberry Sauce	1 fl oz.	Thickened if needed
		Green Beans	1 cup	Pureed and molded
		Bread, pureee, dry mix	2 dry servings	
		Butternut squash	1 cup	Pureed and molded
	HS Snack	Orange crème pudding	1 cup	
Day 3	Breakfast	Hot Farina cereal	1 cup	Pureed and thickened

		Puree Solutions Egg and Toast, dry mix	1/3 cup	Pureed into smoothie and thickened
		Mixed fruit puree, frozen	1 serving	
		Milk, 2% w/add vit A & D	1 cup	
		Vanilla lowfat yogurt	0.5 cup	
	Lunch	Bread, whole wheat	2 slices	Slurried
		Puree Solutions Roasted Turkey w/ beans, vegetables dish	1 container	
		Acorn squash	1 cup	Pureed
		Milk, 2 % w/add vit A & D	1 cup	Thickened
	Dinner	Puree Solutions Lemon Chicken w/beans, and vegetable	1 container	
		Pears, fresh	1 cup	Pureed and thickened
	HS Snack	Wild Berry pudding	1 cup	
		Hormel puree chocolate chip cookie	1 each	

Nutrient Report:

Calories: 2077

Macronutrients (g, percent of calories):

- Carbohydrates: 272 g, 51%
- Fat: 65 g, 28%
- Protein: 110 g, 21%

Dietary Fiber: 23 g

Vitamins (as percent recommendation):

- Vitamin A: 95%
- Vitamin B1: 156%
- Vitamin B2: 122%
- Vitamin B3: 100%
- Vitamin B12: 129%
- Vitamin C: 181%
- Folate: 95%

Minerals (as percent recommendation):

- Calcium: 89%
- Iron: 304%
- Zinc: 108%