

National Dysphagia Diet Menu – Level 3



Breakfast

Ala Carte

Cottage Cheese & Fruit Plate
Diced Fruit – peaches, pears
Applesauce
Banana
Yogurt
Muffins—blueberry, apple cinnamon

Hot Cereal

Cream of Wheat®
Oatmeal

Condiments: brown sugar, sugar, Equal®, Splenda®, syrup, honey

Cold Cereal—if thin liquids are allowed

Corn Flakes®, Rice Krispies®, Cheerios®, Frosted Flakes®, Froot Loops®

Milk – whole, 2%, skim

Morning Specialties

French Toast
Buttermilk Pancakes
Omelet Bar – cheese, ham, turkey sausage, onion, mushrooms, spinach
Scrambled Eggs
Turkey Sausage
Hash Brown Potatoes

Condiments: syrup, diet syrup, butter, margarine, salt, pepper, Mrs. Dash®, ketchup, hot sauce

Lunch & Dinner

Custom Sandwiches

Build your own deli style sandwich!

Choice of Toppings:

Bread: white, whole wheat, Kaiser roll, wheat wrap

Meat: turkey, grilled chicken, ham, tuna salad, chicken salad, egg salad

Cheese: American, Cheddar, Mozzarella, Swiss

Toppings: shredded lettuce, hummus, guacamole

Condiments: ketchup, mustard, mayonnaise, Fat-Free Miracle Whip®, honey mustard, oil & vinegar

Soup—if thin liquids are allowed

Tomato Soup, Chicken Noodle, Cream of Mushroom, Cream of Chicken

Broth – beef, chicken, vegetable

From the Grill

Flame Broiled Burger

Vegetable Burger

Grilled Chicken Sandwich

Toppings: shredded lettuce, hummus, guacamole

Condiments: ketchup, mustard, mayonnaise, Fat-Free Miracle Whip®, honey mustard

Taco Bar—Build your own soft shell taco!

Choice of filling: seasoned beef, shredded chicken, refried beans

Choice of Toppings: shredded cheese, shredded lettuce, sour cream, salsa, taco sauce, guacamole

Sides: refried beans, white rice

Pasta Bar

Pasta: Spaghetti, Penne Pasta

Sauce: Marinara, Meat, Garlic Herb