

September 2024 Dysphagia Breakfast and Lunch Menu

September 3

Breakfast: Yogurt Meal

Lunch: Spaghetti Glazed Carrots Green Beans Canned Pears

September 4

Breakfast: French Toast w/ Fruit Compote or Pureed Fruit & Yogurt

Lunch: Salisbury Steak Green Beans Mashed Potatoes Fruit Cobbler

September 5

Breakfast: Chicken Biscuit w/ Gravy or Pureed Cream of Wheat

Lunch: Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler

September 6

Breakfast: Blueberry Muffin w/ Fruit Compote or Pureed Yogurt Meal

Lunch: Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler

September 9

Breakfast: Oatmeal w/ Fruit Compote

Lunch: Beef & Cheese Nachos Seasoned Black Beans Cauliflower Sliced Peaches

September 10

Breakfast: Chicken & Waffles

Lunch: Mashed Potato Bowl w/ Cheese & Chicken Glazed Carrots Green Beans Spiced Applesauce

September 11

Breakfast: Cinnamon Roll w/ Sausage or Pureed Fruit & Yogurt

Lunch: Turkey Alfredo Green Beans Glazed Carrots Fruit Cobbler

September 12

Breakfast: Cream of Wheat w/ Fruit Compote

Lunch: Chili Mashed Potatoes w/ Gravy Glazed Carrots Fruit Cocktail

September 13

Breakfast: Pancakes & Sausage or Pureed Yogurt Meal

Lunch: Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler

September 16

Breakfast: Fruit & Yogurt Parfait

Lunch: Cheese Enchiladas Seasoned Black Beans Green Beans Canned Peaches

September 17

Breakfast: Sausage Biscuit w/ Gravy or Pureed Yogurt

Lunch: Spaghetti Glazed Carrots Green Beans Canned Pears

September 18

Breakfast: French Toast w/ Fruit Compote or Pureed Fruit & Yogurt

Lunch: Salisbury Steak Green Beans Mashed Potatoes Fruit Cobbler

September 19

Breakfast: Chicken Biscuit w/ Gravy or Pureed Cream of Wheat

Lunch: Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler

September 20

Breakfast: Blueberry Muffin w/ Fruit Compote or Pureed Yogurt Meal

Lunch: Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler

September 23

Breakfast: Oatmeal w/ Fruit Compote

Lunch: Beef & Cheese Nachos Seasoned Black Beans Cauliflower Sliced Peaches

September 24

Breakfast: Chicken & Waffles

Lunch: Mashed Potato Bowl w/ Cheese & Chicken Glazed Carrots Green Beans Spiced Applesauce

September 25

Breakfast: Cinnamon Roll w/ Sausage or Pureed Fruit & Yogurt

Lunch: Turkey Alfredo Green Beans Glazed Carrots Fruit Cobbler

September 26

Breakfast: Cream of Wheat w/ Fruit Compote

Lunch: Chili Mashed Potatoes w/ Gravy Glazed Carrots Fruit Cocktail

September 27

Breakfast: Pancakes & Sausage or Pureed Yogurt Meal

Lunch: Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler

September 30

Breakfast: Fruit & Yogurt Parfait

Lunch: Cheese Enchiladas Seasoned Black Beans Green Beans Canned Peaches