

## November 2024 Dysphagia Breakfast and Lunch Menu

November 1

Breakfast: Blueberry Muffin with Fruit Compote, Pureed Yogurt Meal, Applesauce, Juice, Milk

Lunch: Macaroni & Cheese, Tomato Soup, Creamed Spinach, Fruit Cobbler

November 6

Breakfast: Holiday Meal, Applesauce, Juice, Milk

Lunch: Turkey Alfredo, Green Beans, Glazed Carrots, Fruit Cobbler

November 7

Breakfast: Cream of Wheat with Fruit Compote, Applesauce, Juice, Milk

Lunch: Chili, Mashed Potatoes with Gravy, Glazed Carrots, Fruit Cocktail

November 8

Breakfast: Pancakes and Sausage, Pureed Yogurt Meal, Applesauce, Juice, Milk

Lunch: Green Chili Cheese Burrito with Nacho Cheese, Mixed Vegetables, Green Beans, Mandarin Oranges

November 11

Breakfast: Fruit and Yogurt Parfait, Applesauce, Juice, Milk

Lunch: Cheese Enchiladas, Seasoned Black Beans, Green Beans, Canned Peaches

November 12

Breakfast: Sausage Biscuit, Pureed Yogurt Meal, Applesauce, Juice, Milk

Lunch: Spaghetti, Glazed Carrots, Green Beans, Canned Pears

November 13

Breakfast: French Toast with Fruit Compote, Pureed Fruit and Yogurt, Applesauce, Juice, Milk

Lunch: Salisbury Steak, Green Beans, Mashed Potatoes, Fruit Cobbler

November 14

Breakfast: Chicken Biscuit with Gravy, Pureed Cream of Wheat, Applesauce, Juice, Milk

Lunch: Chicken Nuggets with Country Gravy, Mashed Potatoes, Green Beans, Fruit Cobbler

November 15

Breakfast: Blueberry Muffin with Fruit Compote, Pureed Yogurt Meal, Applesauce, Juice, Milk

Lunch: Macaroni & Cheese, Tomato Soup, Creamed Spinach, Fruit Cobbler

November 18

Breakfast: Oatmeal with Fruit Compote, Applesauce, Juice, Milk

Lunch: Beef and Cheese Nachos, Seasoned Black Beans, Cauliflower, Sliced Peaches

November 19

Breakfast: Chicken and Waffles, Pureed Yogurt, Applesauce, Juice, Milk

Lunch: Mashed Potato Bowl with Cheese and Chicken, Glazed Carrots, Green Beans, Spiced Applesauce

November 20

Breakfast: Cinnamon Roll with Sausage, Pureed Fruit and Yogurt, Applesauce, Juice, Milk

Lunch: Turkey Alfredo, Green Beans, Glazed Carrots, Fruit Cobbler

November 21

Breakfast: Cream of Wheat with Fruit Compote, Applesauce, Juice, Milk

Lunch: Chili, Mashed Potatoes with Gravy, Glazed Carrots, Fruit Cocktail

November 22

Breakfast: Pancakes and Sausage, Pureed Yogurt Meal, Applesauce, Juice, Milk

Lunch: Green Chili Cheese Burrito with Nacho Cheese, Mixed Vegetables, Green Beans, Mandarin Oranges