

## December 2024 Dysphagia Breakfast and Lunch Menu

December 2

Breakfast: Holiday Meal, Yogurt, Applesauce

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

December 3

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

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

December 4

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

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

December 5

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

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

December 6

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

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

December 9

Breakfast: Oatmeal w/ Fruit Compote, Applesauce, Juice, Milk

Lunch: Beef & Cheese Nachos, Seasoned Black Bean, Cauliflower, Sliced Peaches

December 10

Breakfast: Chicken and Waffles, Applesauce, Juice, Milk

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

December 11

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

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

December 12

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

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

December 13

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

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

December 16

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

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

December 17

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

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

December 18

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

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

December 19

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

Lunch: Holiday Meal, Green Beans, Mashed Potatoes with Gravy, Sliced Peaches

December 20

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

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