

January 2025 Dysphagia Breakfast and Lunch Menu

January 7

Breakfast: Holiday Meal, Yogurt, Applesauce

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

January 8

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

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

January 9

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

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

January 10

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

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

January 13

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

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

January 14

Breakfast: Chicken & Waffles, Applesauce, Juice, Milk

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

January 15

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

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

January 16

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

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

January 17

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

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

January 21

Breakfast: Holiday Meal, Yogurt, Applesauce, Milk

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

January 22

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

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

January 23

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

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

January 24

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

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

January 27

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

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

January 28

Breakfast: Chicken and Waffles, Applesauce, Juice, Milk

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

January 29

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

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

January 30

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

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

January 31

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

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