

February 2025 Dysphagia Breakfast and Lunch Menu

February 3

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

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

February 4

Breakfast: Chicken and Waffles, Applesauce, Juice, Milk

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

February 5

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

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

February 6

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

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

February 7

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

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

February 10

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

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

February 11

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

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

February 12

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

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

February 13

Breakfast: Chicken Biscuit with Gravy, Applesauce, Juice, Milk

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

February 18

Breakfast: Holiday Meal, Yogurt, Applesauce, Milk

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

February 19

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

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

February 20

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

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

February 21

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

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

February 24

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

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

February 25

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

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

February 26

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

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

February 27

Breakfast: Chicken Biscuit with Gravy, Applesauce, Juice, Milk

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

February 28

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

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