

March 2025 Dysphagia Breakfast and Lunch Menu

All Breakfasts include Applesauce, Juice, and Milk

March 3

Breakfast: Oatmeal with Fruit Compote

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

March 4

Breakfast: Chicken and Waffles

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

March 5

Breakfast: Cinnamon Roll with Sausage, Pureed Fruit and Yogurt

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

March 6

Breakfast: Cream of Wheat with Fruit Compote

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

March 7

Breakfast: Pancakes and Sausage, Pureed Yogurt Meal

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

March 17

Breakfast: Holiday Meal

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

March 18

Breakfast: Chicken and Waffles

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

March 19

Breakfast: Cinnamon Roll with Sausage, Pureed Fruit and Yogurt

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

March 20

Breakfast: Cream of Wheat with Fruit Compote

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

March 21

Breakfast: Pancakes and Sausage, Pureed Yogurt Meal

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

March 24

Breakfast: Fruit and Yogurt Parfait

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

March 25

Breakfast: Sausage Biscuit, Pureed Yogurt

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

March 26

Breakfast: French Toast with Fruit Compote, Cream of Wheat

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

March 27

Breakfast: Chicken Biscuit with Gravy

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

March 28

Breakfast: Blueberry Muffin with Fruit Compote, Pureed Yogurt Meal

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

March 31

Breakfast: Oatmeal with Fruit Compote

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