

## July 2025 Dysphagia Breakfast and Lunch Menu

July 1

Breakfast: 2 Yogurts, Applesauce, Juice, Milk

Lunch: Mashed Potato Bowl, Mashed Potatoes, Glazed Carrots, Green Beans, Apple Sauce

July 2

Breakfast: Oatmeal, Applesauce, Juice, Milk

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

July 3

Breakfast: Cream of Wheat w/ Fruit Compote, Applesauce, Juice, Milk

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

July 7

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

Lunch: Turkey Alfredo, Green Beans, Fruit Cobbler

July 8

Breakfast: 2 Yogurts, Applesauce, Juice, Milk

Lunch: Mashed Potato Bowl, Mashed Potatoes, Glazed Carrots, Green Beans, Apple Sauce

July 9

Breakfast: Oatmeal, Applesauce, Juice, Milk

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

July 10

Breakfast: Cream of Wheat w/ Fruit Compote, Applesauce, Juice, Milk

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

July 14

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

Lunch: Turkey Alfredo, Green Beans, Fruit Cobbler

July 15

Breakfast: 2 Yogurts, Applesauce, Juice, Milk

Lunch: Mashed Potato Bowl, Mashed Potatoes, Glazed Carrots, Green Beans, Apple Sauce

July 16

Breakfast: Oatmeal, Applesauce, Juice, Milk

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

July 17

Breakfast: Cream of Wheat w/ Fruit Compote, Applesauce, Juice, Milk

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

July 21

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

Lunch: Turkey Alfredo, Green Beans, Fruit Cobbler

July 22

Breakfast: 2 Yogurts, Applesauce, Juice, Milk

Lunch: Mashed Potato Bowl, Mashed Potatoes, Glazed Carrots, Green Beans, Apple Sauce

July 23

Breakfast: Oatmeal, Applesauce, Juice, Milk

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

July 24

Breakfast: Cream of Wheat w/ Fruit Compote, Applesauce, Juice, Milk

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

July 28

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

Lunch: Turkey Alfredo, Green Beans, Fruit Cobbler

July 29

Breakfast: 2 Yogurts, Applesauce, Juice, Milk

Lunch: Mashed Potato Bowl, Mashed Potatoes, Glazed Carrots, Green Beans, Apple Sauce

July 30

Breakfast: Oatmeal, Applesauce, Juice, Milk

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

July 31

Breakfast: Cream of Wheat w/ Fruit Compote, Applesauce, Juice, Milk

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