

September 2026 Dysphagia Breakfast and Lunch Menus



Breakfast: Applesauce, Milk and Juice served everyday
Lunch: Choice between Milk and Soy milk everyday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/31	9/1	9/2	9/3	9/4
Oatmeal w/ Fruit Compote Beef & Cheese Nachos Seasoned Black Beans Cauliflower Apple Sauce	Chicken & Waffles Turkey Alfredo Green Beans Sweet Potato Apple Sauce	Pureed Oatmeal w/ Fruit compote Cinnamon Roll w/ Chicken Mashed Potato Bowl w/ Cheese & Chicken Glazed Carrots Green Beans Applesauce	Cream of Wheat w/ Fruit Compote Chili Mashed Potatoes w/ Gravy Seasoned Black Beans Tropical Fruit Mix	Pureed Yogurt Meal Mini Pancakes w/ Chicken Green Chili Cheese Burrito w/ Nacho Cheese Cauliflower Green Beans Mandarin Oranges
9/7	9/8	9/9	9/10	9/11
Labor Day	Holiday Breakfast Yogurt Meal Strawberry Applesauce Chili Glazed Carrot Green Beans Tropical Fruit Mix	Cream of Wheat w/ Fruit Compote Salisbury Steak Green Beans Mashed Potatoes Apple Sauce	Chicken Biscuit w/ Gravy Macaroni & Cheese Tomato Soup Creamed Spinach Mandarin Oranges	Pureed Oatmeal w/ Fruit compote Seasonal Muffin w/ Fruit Compote Chicken Nugget Green Beans Mashed Potatoes w/ Gravy Applesauce
9/14	9/15	9/16	9/17	9/18
Oatmeal w/ Fruit Compote Beef & Cheese Nachos Seasoned Black Beans Cauliflower Apple Sauce	Chicken & Waffles Turkey Alfredo Green Beans Sweet Potato Tropical Fruit Mix	Pureed Oatmeal w/ Fruit Compote Cinnamon Roll w/ Chicken Mashed Potato Bowl w/ Cheese & Chicken Glazed Carrots Green Beans Applesauce	Cream of Wheat w/ Fruit Compote Chili Mashed Potatoes w/ Gravy Seasoned Black Beans Tropical Fruit Mix	Pureed Yogurt Meal Mini Pancakes w/ Chicken Green Chili Cheese Burrito w/ Nacho Cheese Cauliflower Green Beans Mandarin Oranges
9/21	9/22	9/23	9/24	9/25
Fruit & Yogurt Parfait Spaghetti Glazed Carrots Cauliflower Applesauce	Oatmeal w/ Compote Cheese Enchiladas Seasoned Black Beans Green Beans Tropical Fruit Mix	Pureed Cream of Wheat w/ Fruit Compote French Toast w/ Fruit Compote Salisbury Steak Green Beans Mashed Potatoes Apple Sauce	Chicken Biscuit w/ Gravy Macaroni & Cheese Tomato Soup Creamed Spinach Mandarin Oranges	Pureed Oatmeal w/ Fruit compote Seasonal Muffin w/ Fruit Compote Chicken Nugget Green Beans Mashed Potatoes w/ Gravy Applesauce
9/28	9/29	9/30	10/1	10/2
Oatmeal w/ Fruit Compote Beef & Cheese Nachos Seasoned Black Beans Cauliflower Apple Sauce	Chicken & Waffles Turkey Alfredo Green Beans Sweet Potato Tropical Fruit Mix	Pureed Oatmeal w/ Fruit compote Seasonal Muffin w/ Fruit Compote Mashed Potato Bowl w/ Cheese & Chicken Glazed Carrots Green Beans Applesauce	Cream of Wheat w/ Fruit Compote Chili Mashed Potatoes w/ Gravy Seasoned Black Beans Tropical Fruit Mix	Pureed Yogurt Meal Mini Pancakes w/ Chicken Green Chili Cheese Burrito w/ Nacho Cheese Cauliflower Green Beans Mandarin Oranges

Menus are subject to change without notice due to price and availability of food

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