

3

4

DYSPHAGIA
LIQUIDIZED: LQ3
PUREED: PU4

PATIENT ROOM SERVICE MENU

Dial **1** **2** **3** to order
from 6 a.m. to 8 p.m. Food will
be delivered within 45 minutes.

Questions?

Our operator can help you with
your choices for Level 3 or 4.
Our dietitians are also happy
to help with any questions.

Your liquids may be thickened
if ordered by a physician.

*Available for Level 4 only.

BREAKFAST

*Pureed Eggs.....2	Yogurt Vanilla.....27
*Pureed French Toast.....15	*Key Lime Yogurt.....16
*Chobani Strawberry Yogurt.....15	*Greek Vanilla Yogurt.....10
	Cream of Wheat.....11
	+ Skim, 1%, or whole milk.....11-12

FRUITS

Applesauce.....14	Pureed Pineapple.....16
*Pureed Mixed Berries.....19	Pureed Banana.....28
Pureed Peaches.....15	

COMFORT FOODS

*Pureed Beef Steak.....5	*Pureed Spaghetti and Meat Sauce.....14
*Pureed Cheese Pizza.....14	*Pureed Bread.....8
*Pureed Chicken Breast.....5	+ Hummus.....10
*Pureed Pork Chop.....5	

SIDES

*Mashed Potatoes.....23	*Pureed Green Beans.....15
+ Chicken8	Blended Cottage Cheese.....8
+Beef Gravy.....6	Blended Macaroni & Cheese....20
*Pureed Carrots.....16	Blended Mashed Potatoes and Gravy.....30
*Pureed Corn.....26	

SOUPS

Blended Chicken Noodle Soup.....11	*Tomato Soup.....22
Blended Low-Sodium Chicken Noodle.....8	

99 numbers after each item show carbohydrates per serving

DESSERTS

*Gelatin (orange).....18	*Berry Mousse Dream.....40
*Sugar-Free Gelatin (strawberry, lemon-lime).....0	Thrive Vanilla.....35
Pudding Vanilla.....20	Thrive Chocolate.....33

DRINKS

Coffee (regular or decaf).....0	Broth (beef, chicken, vegetable).....0
Tea (Black, green, decaf, Iced)....1	Hot Chocolate.....16
Juice	Instant Breakfast (vanilla or chocolate).....27
Apple, Cranberry, Orange.....14-16	Ensure High Protein Plus (vanilla, chocolate, or strawberry).....41
Prune.....20	Ensure High Protein (vanilla or chocolate).....19
V8/Low Sodium V8.....8	Ensure Compact (vanilla or chocolate).....32
Lemon Crystal Light.....0	Ensure Clear (apple or mixed berry)..52
Gatorade G2 Glacier Frost.....7	
Milk	
Skim, 1%, Whole, Lactose-Free....11-12	
Chocolate.....24	
Vanilla Soy.....16	

CONDIMENTS

Salt.....0	Mayo.....0	Butter.....0
Pepper.....0	Light Mayo.....1	Sour Cream.....1
Salt-Free Seasoning..0	Ketchup.....2	Barbeque Sauce.....19
Sugar.....3	Mustard.....0	Parmesan Cheese.....0
Splenda.....1	Ranch Dressing.....2	Taco Sauce.....1
Brown Sugar.....13	Fat-Free Ranch Dressing 3	Hot Sauce.....0
*Cream.....0	French Dressing.....2	*Pancake Syrup.....28
Creamer (Non-Dairy).1	*Balsamic Vinaigrette.....3	*Sugar-Free Syrup.....4
Margarine.....0		Jelly.....10
		Sugar-Free Jelly.....3

