

Pureed Diet

A pureed diet provides foods that are purée or "pudding-like" in texture for children that have trouble swallowing.
Please ask to see a Registered Dietitian Nutritionist if you have questions about your diet.

Breakfast served all day

See page 2 for condiments.

HOT & COLD CEREALS

- Grits

BREAKFAST ENTRÉES

- Pureed Omelet
- Pureed Waffle

ENTREES

- Pureed Chicken
- Pureed Beef
- Pureed Turkey
- Pureed Pork
- Pureed Ham

SOUPS

- Pureed Strained Chicken Noodle Soup
- Pureed Tomato Basil Soup
- Pureed Vegetable Soup

SIDES

- Pureed Sausage

BREAD BASKET

- Pureed Country Bread

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- Pureed Country Bread

SWEETS

- Applesauce
- Low Fat Vanilla Yogurt

BEVERAGES

- Orange Juice
- Apple Juice
- Cranberry Juice
- Grape Juice

SIDES

- Pureed Peas
- Pureed Broccoli
- Pureed Green Beans
- Pureed Carrots
- Pureed Corn
- Whipped Sweet Potatoes
- Mashed Potatoes
- Poultry Gravy
- Brown Gravy

BEVERAGES

- Skim Milk
- 2% Milk
- Whole Milk
- FF Chocolate Milk

CONDIMENTS

- Margarine
- Butter
- Jelly
- Lemon Juice
- Honey
- Sugar
- Equal® Sucralose
- Salt
- Pepper
- Herb Seasoning
- Ketchup
- Syrup
- Brown Sugar

- Skim Milk
- 2% Milk
- Whole Milk
- FF Chocolate Milk
- Hot Chocolate
- Iced Tea

SWEETS

- Vanilla Pudding
- Chocolate Pudding
- Red Gelatin
- Citrus Gelatin
- Vanilla Ice Cream
- Chocolate Ice Cream
- Orange Sherbet
- Fruit Ice
- Pureed Pears
- Applesauce
- Pureed Peaches

- Iced Tea
- Orange Juice
- Apple Juice
- Cranberry Juice
- Grape Juice
- Hot Chocolate

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CONDIMENTS

Margarine	Salt
Butter	Pepper
Lemon Juice	Herb Seasoning
Honey	Ketchup
Sugar	Mustard
Equal® Sucralose	Lite Mayo
	Jelly