

## Mechanical Soft Ground Diet

A mechanical soft ground diet provides foods that can be successfully and safely swallowed. Intended for children that have trouble swallowing may require foods that are ground or mashed. 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

- Oatmeal
- Grits
- Cheerios
- Corn Flakes
- Rice Chex
- Honey Nut Cheerios

### BREAKFAST ENTRÉES

- Scrambled Eggs
- Pureed Waffle
- Greek Yogurt
- Soft Fruit Plate

### BUILD YOUR OWN OMELET

*Eggs:* Egg Whites • Eggs

*Protein:* Cheddar Cheese

### SIDES

- Low Fat Cottage Cheese

### SWEETS

- Fresh Banana
- Applesauce
- Low Fat Strawberry Yogurt
- Low Fat Vanilla Yogurt

### CONDIMENTS

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

### BREAD BASKET

- Pureed Country Bread

### BEVERAGES

- Orange Juice
- Apple Juice
- Cranberry Juice
- Grape Juice
- Skim Milk
- 2% Milk
- Whole Milk
- FF Chocolate Milk
- Hot Chocolate
- Iced Tea

### ENTREES

- Ground Chicken Parmesan
- Ground Turkey with Gravy
- Chopped Rigatoni with Meatballs
- Kraft Macaroni & Cheese
- Ground Chicken with Gravy
- Ground Beef with Gravy

### SIDES

- Chopped Green Beans
- Chopped Carrots
- Mashed Potatoes
- Whipped Sweet Potatoes
- Buttered Penne
- Kraft Macaroni & Cheese
- Poultry Gravy
- Brown Gravy
- Marinara Sauce

### SWEETS

- Vanilla Pudding
- Chocolate Pudding
- Red Gelatin
- Citrus Gelatin
- Vanilla Ice Cream
- Chocolate Ice Cream
- Orange Sherbet
- Fruit Ice
- Chilled Pears
- Applesauce
- Chilled Peaches
- Mandarin Oranges
- Fresh Banana
- Applesauce

### SOUPS

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

### BREAD BASKET

- Pureed Country Bread

### BEVERAGES

- Skim Milk
- 2% Milk
- Whole Milk
- FF Chocolate Milk
- Iced Tea
- Orange Juice
- Apple Juice
- Cranberry Juice
- Grape Juice
- Hot Chocolate

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#### **CONDIMENTS**

<b>Margarine</b>	<b>Herb Seasoning</b>
<b>Butter</b>	<b>Ketchup</b>
<b>Lemon Juice</b>	<b>Lite Mayo</b>
<b>Honey</b>	<b>Mustard</b>
<b>Sugar</b>	<b>Jelly</b>
<b>Equal® Sucralose</b>	<b>Parmesan Cheese</b>
<b>Salt</b>	
<b>Pepper</b>	