

## Mechanical Soft Chopped Diet

A mechanical soft chopped diet provides foods that can be successfully swallowed. Intended for children that have trouble swallowing may require foods that are ground, chopped, 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 • Rice Chex
- Cinnamon Toast Crunch
- Honey Nut Cheerios

### SIDES

- Low Fat Cottage Cheese
- Hard Cooked Egg
- Hash Brown Patty
- Home Fries
- Chopped Turkey Sausage Patty

### BUILD YOUR OWN OMELET

*Eggs:* Egg Whites • Eggs

*Protein:* Cheddar Cheese • Swiss Cheese • American Cheese  
Provolone Cheese • Diced Ham

*Toppings:* Diced Turkey Sausage • Sautéed Mushrooms  
Sautéed Onions

### SWEETS

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

### CONDIMENTS

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

### BREAKFAST ENTRÉES

- Scrambled Eggs
- Baked French Toast Sticks
- Waffle
- Pancakes
- Chocolate Chip Pancakes
- Greek Yogurt Soft Fruit Plate

### BREAD BASKET

- Blueberry Muffin
- White Bread
- Whole Wheat Bread

### BEVERAGES

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

### ENTRÉES

Chopped Roast Beef Sandwich  
with Gravy

Ground Beef with Gravy

Chopped Rigatoni with Meatballs

Chopped Turkey with Gravy

Kraft Macaroni & Cheese

Chopped Chicken with Gravy

Chopped Chicken Parmesan

### SIDES

Soft Green Beans

White Rice

Soft Fresh Carrots

Mozzarella Cheese Sticks

Mashed Potatoes

Poultry Gravy

Whipped Sweet Potatoes

Brown Gravy

Potato Starz

Marinara Sauce

Buttered Penne

Kraft Macaroni & Cheese

### SWEETS

Vanilla Pudding

Fruit Ice

Chocolate Pudding

Chilled Peaches

Red Gelatin

Applesauce

Citrus Gelatin

Chilled Pears

Vanilla Ice Cream

Mandarin Oranges

Chocolate Ice Cream

Fresh Banana

Orange Sherbet

Applesauce

Fresh Berries

Fresh Cantaloupe

### SOUPS

Chicken Noodle Soup  
Tomato Basil Soup  
Pureed Vegetable Soup

### BREAD BASKET

White Roll  
Whole Wheat Bread  
White Bread

### BEVERAGES

Skim Milk

2% Milk

Whole Milk

FF Chocolate Milk

Iced Tea

Orange Juice

Apple Juice

Cranberry Juice

Grape Juice

Hot Chocolate

### **Mechanical Soft Chopped Diet**

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

Please ask to see a Registered Dietitian Nutritionist if you have questions about your diet.

#### **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>Peanut Butter</b>
<b>Salt</b>	<b>Parmesan Cheese</b>
<b>Pepper</b>	<b>Tartar Sauce</b>