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#### Entrées

Substitutions and half portions are available.

Feature fish - served with rice and broccoli flowerets

Garlic-Herb Chicken Breast – lightly seasoned and flame broiled, served with mashed sweet potatoes and spinach

Home Style Meatloaf – topped with savory mushroom gravy, served with mashed potatoes and sweet whole baby carrots

Pot Roast – naturally juicy and slowly roasted until tender, served with white rice and California blend vegetables

Macaroni & Cheese – served with green beans

Homestyle Spaghetti - topped with marinara, meat or garlic herb sauce

Condiments: butter, margarine, salt, pepper, Mrs. Dash<sup>®</sup>, ketchup, BBQ sauce, steak sauce, tartar sauce, hot sauce, parmesan cheese

#### **Desserts**

X-Frost: strawberry; mint chocolate.

Chocolate Fudge Brownie

Angel Food Cake

Magic Cup – vanilla, chocolate,

orange

Pudding Yogurt

if thin liquids are allowed

Ice Cream – regular, fat-free

Sherbet

Popsicle

Gelatin

Freshly-made smoothies

# Dysphagia Menu

### Dial 341-6363 to place your food request.

Your order will arrive within 30 minutes.

**Hours of service:** 7 a.m. to 7 p.m.

#### Guest trays are available.

Guest trays may be paid for by credit card over the phone at the time of ordering or with cash at any Bronson café. Limit one guest tray per meal.

Please let your staff know if you have any dietary requirements, allergies or special requests. Purchase your guest tray card in the cafe or gift shop, or with the registration department.

We will make every effort to work with your needs. Your satisfaction is very important to us. We take pride in the fact that we prepare your meal fresh when you order it. We will work hard to make sure your food not only meets, but goes beyond your expectations. Thank you and enjoy your meal.

— Food and Nutrition Services



### **Beverages**

#### Thickened

honey or nectar consistency
Milk – 2%, vanilla
Juice – orange, cranberry, apple
Coffee – regular, decaf

#### Milk

if thin liquids are allowed
Milk – skim, 2%, whole, chocolate
Rice Milk – original, vanilla
Soy Milk – original, vanilla, chocolate
Lactose-Free Milk

#### Juice

if thin liquids are allowed
Juice — apple, orange, cranberry,
grape, prune, vegetable,
low-sodium vegetable

#### **Cold Drinks**

if thin liquids are allowed

Crystal Light® – orange sunrise,
raspberry ice

Sugar-Free Lemonade
Iced Tea

#### **Hot Drinks**

if thin liquids are allowed

Coffee – regular, decaf

Hot Chocolate – regular,

no sugar added

Hot Tea – regular, decaf

Herbal Tea – lemon, green,

orange & spice, cranberry apple,

mint medley

Condiments: sugar, Equal<sup>®</sup>, Splenda<sup>®</sup>, creamer, non-dairy creamer, lemon, honey

#### **Frozen Beverages**

if thin liquids are allowed Smoothie

## Level 1 Pureed 4

#### **Breakfast**

all items served pureed consistency
French Toast
Breakfast Omelet
Sausage
Cream of Wheat

Condiments: syrup, butter, margarine, honey, jelly

#### **Lunch & Dinner**

all items served pureed consistency

White Fish – served with white rice and carrots or green peas

Roasted Turkey – served with mashed potatoes with gravy and broccoli

Roasted Chicken – served with mashed sweet potatoes and green beans

Roast Beef – served with mashed potatoes with gravy and corn

Pasta – topped with marinara sauce

Personal Cheese Pizza

Condiments: gravy, butter, margarine, salt, pepper, Mrs. Dash<sup>®</sup>, BBQ sauce, tartar sauce

#### Soups

if thin liquids are allowed
Tomato, Cream of Mushroom,
Cream of Chicken
Broth – beef, chicken, vegetable

#### Sides

Vanilla Yogurt
Applesauce
Pureed Fruit – peaches, pears,
pineapple
Pureed Bread – with your
choice of toppings

#### **Desserts**

pudding, yogurt, magic cup -butter pecan; chocolate; orange if thin liquids are allowed ice cream, sherbet, popsicle, gelatin, X-Frost: strawberry, freshly- made smoothie

## Level 2 Minced & moist 5

#### **Breakfast**

#### **Morning Specialties**

French toast
Buttermilk Pancakes
Scrambled Eggs – regular,
cholesterol-free
Cheese omelet with choice of
toppings: ground sausage, spinach
Cottage Cheese & Fruit Plate
Diced Fruit – peaches, pears
Fresh Banana
Applesauce
Yogurt
Pureed Bread – with your
choice of toppings

Condiments: butter, margarine, syrup, diet syrup, salt, pepper, Mrs. Dash<sup>®</sup>, ketchup, hot sauce, honey, jelly, diet jelly

#### **Hot Cereal**

Oatmeal, Cream of Wheat®

Condiments: brown sugar, peanut butter sugar, Equal<sup>®</sup>, Splenda<sup>®</sup>, syrup, honey

#### **Cold Cereal**

if thin liquids are allowed

Corn Flakes<sup>®</sup>, Rice Krispies<sup>®</sup>
Milk – whole, 2%, skim

#### **Lunch & Dinner**

#### **Entrées**

Home Style Meatloaf – topped with gravy, served with mashed potatoes with gravy and carrots

Ground Chicken Breast – topped with gravy, served with mashed sweet potatoes and spinach

Ground Hamburger – topped with gravy, served with mashed potatoes with gravy and carrots

Macaroni & cheese

Home Style chopped Spaghetti – topped with marinara, meat or garlic herb sauce

Featured Fish, served with mashed potatoes, chicken gravy, and carrots

Condiments: butter, margarine, salt, pepper, Mrs. Dash<sup>®</sup>, gravy, ketchup, Parmesan cheese, guacamole, hummus

#### Soups

if thin liquids are allowed
Tomato, Cream of Mushroom,
Cream of Chicken
Broth – beef, chicken, vegetable

#### Sides

Fresh Banana
Fruit — applesauce, diced peaches,
Cottage Cheese
Tuna Salad or Egg Salad
Pureed Bread — with your
choice of toppings
Hummus
Smooth peanut butter
Yogurt

#### **Desserts**

Pudding
Yogurt
Magic Cup — butter pecan, chocolate,
orange
If thin liquids are allowed
ice cream, sherbet, Italian fruit ice,
popsicle, gelatin
Angel food cake
Xfrost: strawberry
Freshly made smoothie

## Level 3 Soft & bite sized

#### **Breakfast**

#### **Morning Specialties**

French Toast
Buttermilk Pancakes
Omelet Bar — cheese, ham,
turkey sausage, onion,
mushrooms, spinach, tomatoes
Scrambled Eggs
Turkey Sausage
Hash Brown Potatoes
Condiments: butter, margarine, syrup,
diet syrup, salt, pepper, Mrs. Dash®,
ketchup, hot sauce)

#### **Hot Cereal**

Cream of Wheat®, Oatmeal

Condiments: brown sugar, sugar, Equal<sup>®</sup>, Splenda<sup>®</sup>, syrup, honey)

#### **Cold Cereal**

if thin liquids are allowed

Corn Flakes<sup>®</sup>, Rice Krispies<sup>®</sup>, Cheerios<sup>®</sup>, Frosted Flakes<sup>®</sup>, Froot Loops<sup>®</sup>

Milk – whole, 2%, skim

#### Sides

Cottage Cheese & Fruit Plate
Diced Fruit – peaches
Applesauce
Banana
Yogurt
Muffins – blueberry, apple
cinnamon

#### **Lunch & Dinner**

#### **Custom Sandwiches**

Build your own deli style sandwich!

Choice of Toppings:

Bread – white, whole wheat, Kaiser roll

Meat – turkey, grilled chicken, ham, tuna salad, chicken salad, egg salad

Cheese – American, Cheddar, Mozzarella, Swiss

Toppings – shredded lettuce, hummus, quacamole

Condiments: ketchup, mustard, mayonnaise, fat-free Miracle Whip<sup>®</sup>, honey mustard, oil & vinegar

#### Soups

if thin liquids are allowed
Tomato, Chicken Noodle, Cream of
Mushroom, Cream of Chicken
Broth – beef, chicken, vegetable

#### From the Grill

Flame Broiled Burger or Ope's™ Veggie Burger

**Grilled Chicken Sandwich** 

**Grilled Cheese Sandwich** 

Toppings: shredded lettuce, hummus, quacamole, refried beans

Condiments: ketchup, mustard, mayonnaise, fat-free mayo, honey mustard, BBQ sauce