

SSNF Soft Diet Menu

BREAKFAST

FRUIT

COOKED PAPAYA MASH

JUICE

FORTIFIED ORANGE JUICE

CEREALS

RICE KRISPIES WITH HOT MILK
STEEL-CUT OATMEAL

CEREAL ACCOMPANIMENTS

2% MILK SKIM MILK
WHOLE MILK SOY MILK

HOT ENTREES

DENVER SCRAMBLE WITH LOW-
FAT MOZZARELLA
**MOIST WHOLE WHEAT
PANCAKES**

SIDES

GROUND CHICKEN AND APPLE
SAUSAGE
FRESH BANANA MASH
LOW FAT PLAIN YOGURT
BUTTERED TOAST

SPREADS

BUTTER, MARGARINE,
STRAWBERRY JAM, HONEY

LUNCH

SOUP

CREAM OF TOMATO

SALAD

CHOPPED ICEBERG WEDGE WITH
CRUMBLLED FETA

ENTRÉE (SELECT 1 PLEASE)

SOFT TURKEY MEATLOAF
TOFU STIR-FRY

VEGETABLES

**STEAMED SPINACH WITH
GARLIC**
COOKED SEASONED
CAULIFLOWER

SIDES

PUREED BROWN RICE WITH
MASHED CARROTS
MASHED POTATOES

BAKERY

**SOFT WHOLE WHEAT
BAGUETTE**
SOFT WHITE ROLL

DESSERT

BLACKBERRY SORBET
FRESH CUT WATERMELON

DINNER

SOUP

BUTTERNUT SQUASH SOUP

SALAD

CHOPPED MIXED GREENS WITH
RASPBERRY VINAIGRETTE

ENTRÉE (SELECT 1 PLEASE)

**COOKED SEASONED
MACKEREL**
CHOPPED GARLIC CHICKEN

VEGETABLES

**MEDLEY OF CHOPPED
SAUTEED BELL PEPPERS**
SAUTEED SWISS CHARD

SIDES

CHEESE RISOTTO
ROSEMARY HERB BAKED
POTATOES

BAKERY

SWEET HAWAIIAN ROLL
SOFT ROSEMARY FOCACCIA

DESSERT

STRAWBERRY CUSTARD
VANILLA ICE CREAM