

Adult Hospitals (UH/CVC) Dysphagia Level 7 Menu

Breakfast (Available 6:30 a.m. – 11:00 a.m.)

Breakfast Entrées and Sides

Fruit Compote (Available 6:30 a.m.-9:00 p.m.) A warm combination of pear, apple, berries and spices

Cinnamon French Toast A classic with vanilla and cinnamon batter, grilled to a golden brown

Pancakes A stack of two buttermilk pancakes. Available with syrup, sugar-free syrup, or margarine

Scrambled Eggs (Available 6:30 a.m.-9:00 p.m.) Regular or Eggbeaters®

Golden Hash Browns

Hard Cooked Egg served chilled

Additional Items (Available 6:30 a.m. – 10:30 p.m.)

Fruit, Yogurt, Snacks

Pureed Pineapple	Applesauce	Oatmeal Bar Apple or Strawberry	Cream of Wheat
Pureed Pears	Mandarin Oranges	Greek Strawberry Yogurt	Oatmeal
Pureed Peaches	Sliced Peaches	Vanilla Lite and Fit Yogurt	
Cottage Cheese	Banana	Low Fat Yogurt Vanilla, Strawberry, Blueberry, or Mixed Berry	

Desserts

Popsicles Regular or Sugar Free	Banana Popsicles
Sherbet Orange or Raspberry	Ice Cream Vanilla or Chocolate
Mighty Shake Vanilla or Chocolate	Butter Pecan Magic Cup
Regular Jello Orange and Strawberry	Pudding Vanilla or Chocolate
Sugar Free Jello Orange or Strawberry Banana	Lemon Ice
Milkshakes Vanilla, Chocolate, Strawberry, or Cappuccino	

Beverages

Juice Orange, Apple, Cranberry, White Grape, Tomato, Prune	Coffee Regular or Decaf
Milk Skim, 2%, Whole, Vanilla Soy, Lactose Free, Low-fat Chocolate	Lipton® Tea Regular or Decaf
Flavored Water Berry, Tropical, or Strawberry Kiwi	Bigelow® Green Tea
Unsweetened Iced Tea	Bigelow® Cranberry Apple Tea
Bottled Water	Hot Chocolate No sugar added
Thickened Beverages (Mildly Thick or Moderately Thick)- Apple Juice, Orange Juice, Dairy, Decaf Coffee	

Condiments

Sugar	Salt	Coffee Creamer	Cream Cheese Lite, Strawberry or Onion and Chive	
Splenda®	Pepper	Honey	Ketchup	Syrup Regular or Sugar-Free
Brown Sugar	Salsa	Lemon Juice Packet	Mustard	Parmesan Cheese
Cinnamon Sugar	Sour Cream	Lemon Wedge	Tartar Sauce	Light Mayonnaise
Peanut Butter	BBQ Sauce	Hot Sauce	McCormick® Seasoning	
Strawberry Jam	Grape Jelly	Margarine		

All Menu Items Are Trans Fat Free!

Please Remember to Request Condiments When Ordering

Lunch/Dinner (Available 11:00 a.m. – 9:00 p.m.)

Asterisks () indicates food item is available 6:30 a.m.- 10:30 p.m.*

Consommé and Homemade Soups

Beef Bouillon	Chicken Consommé	Cream of Tomato Soup
*Unsalted Chicken Consommé	*Vegetable Consommé	Chicken Noodle Soup

Entrée

Potato Encrusted Cod *Available with tartar sauce and lemon upon request*
 Penne Pasta *Served with your choice of marinara or meat sauce. Available with parmesan cheese upon request*
 Cheese Quesadillas *Available with sour cream and salsa upon request*
 Meatloaf *Available with gravy upon request*
 *Home-Style Macaroni and Cheese *Extra cheesy!*

Available 6:30 a.m.-9:00 p.m.

Minced Meatloaf with Brown Gravy	Minced Savory Beef with Potatoes and Veggie
Minced Chicken Fried Rice	Minced Turkey with Chicken Gravy
Minced Chicken Noodle Casserole	*Pureed Shaped Chicken <i>Available with chicken gravy</i>
Minced Cod and Creamy Potatoes	*Pureed Shaped Beef <i>Available with brown gravy</i>
Minced Vegetable Lentil Stew	

Made-to-Order Sandwiches (Available from 11:00 a.m. – 10:30 p.m.)

Choose from the items below

White Bread	Wheat Bread	Ketchup	Mustard
Sliced Ham	Unsalted Egg Salad	Tuna Packet	Light Mayonnaise
Sliced Swiss Cheese	Sliced Cheddar Cheese	Sliced American Cheese	

Sides and Desserts (Available 11:00 a.m. – 9:00 p.m.)

Peas and Carrots	White Rice	Baked Potato	<u>Available 6:30 a.m.-9:00 p.m.</u>	
Mediterranean Bread	Hummus	Wheat Dinner Roll	Pureed Vegetable: <i>Broccoli, Corn, Peas</i>	
Chocolate Layer Cake	Brown Gravy	Vanilla Cheesecake	Mashed Potato	Chicken Gravy

Items below are available at patient's floor after hours. Please speak with your nurse if you need assistance.

2% milk	Vanilla Yogurt	Chicken Consommé
Applesauce	Sliced Peaches	Vegetable Consommé
Apple Oatmeal Bar	Chocolate Pudding	Sugar Free Jell-O <i>Orange or Strawberry Banana</i>

OUR PROMISE:

To graciously serve healthy, freshly prepared meals within 60 minutes of your order.

ADDITIONAL CONTACT INFORMATION: To place your order, call **3-8080**

From an Outside line: 734-763-8080

For questions regarding your service, call 6-1447
 To speak with a Food Service Manager, call 6-4155