

Menu Modifications for Special Meals

FOOD	CHANGES IN TEXTURE		
BREAKFAST	CHOPPED	GROUND	PUREED
Sausage	Cut into bite-size pieces	Grind	Puree meat with broth or soup
Eggs	Scrambled	No change	Puree
Ham	Cut into bite-size pieces	Grind	Puree meat with broth or soup
Cheese	Use grated cheese	Grind	Puree cottage cheese
Chicken Patties on Roll	Cut patties and roll into bite-size pieces	Grind	Puree meat with broth or cream soup; puree roll with milk, broth or melted margarine
Juices: Apple, Orange, Orange/Pineapple; Fruit Blend	No change	No change	May thicken with applesauce if needed
Cold Cereal	Serve with milk; no change	No change	Oatmeal or grits
Grits	No change	No change	No change
Oatmeal	No change	No change	No change
Toast/Bagel/Croissant	Cut into quarters or bite-size pieces	Grind	Substitute with oatmeal or grits
Elfin Loaf	Cut into bite-size pieces	Grind	Substitute with oatmeal or grits
Waffle	Cut into bite-size pieces	Grind	Substitute with oatmeal or grits
Pancake	Cut into bite-size pieces	Grind	Substitute with oatmeal or grits
Fresh Fruit	Peeled and chopped into bite-size pieces	Grind	Puree with juice

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MEAT/MEAT ALTERNATES	CHOPPED	GROUNDED	PUREED
Hamburger	Cut burger and bun into bite-size pieces	Grind	Puree beef with cream soup or tomato soup; puree bun using milk, broth or melted margarine
Chicken patties or tenders	Cut patties or tenders into bite-size pieces	Grind	Puree chicken meat with cream soup or broth
Chicken (leg, breast, thigh, wing)	Remove chicken from bone, cut into bite-size pieces	Grind	Puree chicken meat with cream soup or broth
Pizza	Cut into bite-size pieces	Grind	Puree using broth or tomato sauce
Spaghetti/Beefaroni/Ravioli	Cut into bite-size pieces	Grind	Puree with tomato sauce
Lasagna	Cut into bite-size pieces	Grind	Puree with tomato sauce
Turkey & Dressing	Cut turkey into bite-size pieces	Grind	Puree turkey with cream soup or broth
Sub Sandwich or Ham & Cheese Sandwich	Cut into bite-size pieces	Grind	Puree meet with broth or cream soup; omit cheese; puree bread using milk, broth or melted margarine
Dry Beans	Mash beans	Mash beans	Puree beans*
Tacos	Omit shell	Omit shell	Puree beef and vegetables with tomato sauce
Grilled Cheese Sandwich	Cut into bite-size pieces	Grind egg or tuna salad	Puree egg or tuna salad; puree bread using milk, broth or melted margarine
Macaroni and Cheese	No change	Grind	Puree
Burrito	Cut into bite-size pieces	Grind	Puree using broth or tomato sauce
Chicken and Rice	No Change	Grind	Puree using chicken broth
Peanut Butter and Jelly Sandwich (Uncrustable)	Cut into bite-size pieces	Grind	Puree using fruit juice

*Pureed beans can be Kidney, Garbanzo, Black-Eyed Peas, Black Beans

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VEGETABLES & FRUITS	CHOPPED	GROUND	PUREED
French Fries	Cut into bite-size pieces	Grind or use mashed potatoes	Puree mashed potato with gravy
Green Beans	Cook until soft, cut into bite-size pieces	Grind	Puree with cream soup or broth
Mixed Vegetables (Peas, Carrots & Green Beans)	Cook until soft, cut carrots and green beans into bite-size pieces	Grind	Puree, use broth if necessary
Broccoli	Cook until soft, cut into bite-size pieces	Grind	Puree, use broth if necessary
Corn	Cook until soft	Grind	Puree, use broth if necessary
Potatoes	Mash potato or baked potato cut into bite-size pieces	Grind	Mash potato and puree with gravy
Salad	Substitute a dark green vegetable that is cooked until soft	Grind dark green vegetable	Puree vegetable, use broth if necessary
Baked Beans	No change	Grind	Puree beans*
Sweet Potatoes	Cut into bite-size pieces	Grind/mash	Puree with orange juice or broth
Applesauce	No change	No change	No change
Apples	Peeled, cooked and cut into bite-size pieces	Use applesauce	Use applesauce
Banana	Peeled, cut into bite-size pieces	Mash	Puree with juice
Orange Wedges	Applesauce	Applesauce	Applesauce
Canned Peaches/Pears/Fruit Cocktail	No change	Grind	Puree with juice
Cantaloupe/Melons	Chop into bite-size pieces if soft; otherwise use applesauce	Grind	Applesauce

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BREADS	CHOPPED	GROUND	PUREED
Elfin Loaf (muffin)	Cut into bite-size pieces	Grind	Puree muffin or oatmeal with milk
Rolls	Cut into bite-size pieces	Grind	Puree rolls with gravy or substitute with mashed potato pureed with gravy
Rice	No change	Grind with gravy	Puree mashed potato, rice or pasta with gravy
Biscuit	Cut into bite-size pieces	Grind	Puree biscuit with gravy or substitute with mashed potato pureed with gravy
Noodles/Pasta	Cut into bite-size pieces	Grind with gravy or tomato sauce	Puree pasta with tomato sauce or puree mashed potato or rice with gravy.
French Toast Sticks	Cut into bite-size pieces	Grind	Puree French Toast Sticks with milk
Buns	Cut into bite-size pieces	Grind	Puree buns with gravy or substitute with mashed potato pureed with gravy
Bread, sliced	Cut into bite-size pieces	Grind	Puree bread with gravy or substitute with mashed potato pureed with gravy
Bagels	Cut into bite-size pieces	Grind	Puree bagel with milk or substitute with mashed potato pureed with gravy

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Desserts	CHOPPED	GROUND	PUREED
Ice Cream	Soften	Soften	Soften or milkshake
Cookies	Cut into bite-size pieces	Grind	Puree using milk or substitute with ice cream or applesauce
TYPICAL FOOD CONDIMENTS	CHOPPED	GROUND	PUREED
Jelly	Optional	Optional	Optional
Syrup	Optional	Optional	Optional
Butter/Margarine	Optional	Optional	Optional
Salts: all kinds	Optional	Optional	Optional
Ketchup	Optional	Optional	Optional
Mustard	Optional	Optional	Optional
Mayonnaise/Dressing	Optional	Optional	Optional
Salad Dressing	Optional	Optional	Optional
Pepper	Optional	Optional	Optional
Beef/Chicken Broth	Optional	Optional	Optional
Sour Cream	Optional	Optional	Optional
Cream Cheese	Optional	Optional	Optional
Relish	Optional	Omit	Omit
Croutons	Omit	Omit	Omit
Bacon bits	Omit	Omit	Omit
Pickles	Relish or Omit	Omit	Omit