



Recipe	REGULAR	Portion	Small portion	Large portion	Fortified	Mechanical	Dysphagia Mech. Soft	Puree	Finger Foods	2-3 Gm. Na.	↓ K+ /phos NAS (renal)*	Low Chol Low Fat	CCHO Consistent Carbohydrate Small Portions	CCHO Consistent Carbohydrate Regular Portions
	Cranberry Juice	4 oz	X	X	X	X	X	X	X	X	X	X	X	X
B-51	Oatmeal with Raisins	6 oz ladle/1T	4 oz/X	X/X	F-10/X	X/X	no raisins	no raisins	cold cereal/raisins	SF/X	X/ no raisins	X/X	4 oz/ no raisins	X/X
B-6	Buttermilk Pancakes	2 each	1 ea	3 ea	X	X	X	# 8 sc pur w/ melted marg	X	X	X	X	1 ea	X
	Bacon	2 slices	1 sl	3 sl	3 sl	# 12 sc scr egg	# 12 sc scr egg		X	# 12 sc SFscr egg	# 12 scr egg	# 12 sc egg sub	1 sl	X
	Margarine	1 t	X	X	X	X	X	see above for pancake	X	X	X	no	X	X
	Syrup	1 oz / #30 sc	X	X	X	X	X	X	X	X	X	X	diet syrup	
	Milk, low fat	8 oz.	X	X	X	X	X	X	X	X	mocha mix	nonfat	X	X
S-28	Tomato Aspici Salad	1 svg	X	X	X	X	4 oz tomato juice		2 tomato wedges	X	toss'd sal w/ SF drsg-no tomato	X	X	X
E-76	Swedish Meat Balls -serve over	2 meatballs	1	3	X	# 12 sc or grd	# 12 sc or grd	# 8 sc pur	X	SF	X	X	1	X
V-128	Parslied Egg Noodles	4 oz spoodle	2 oz sp	X	X	X	X	# 8 sc pur	tator tots or fries	SF	X	X	2 oz sp	X
V-37	Seasoned Broccoli	4 oz spoodle	2 oz sp	6 oz sp	X	X	chpd zucchini	# 8 sc pur	X	SF	zucchini	X	2 oz sp	X
D-37	Hot Fudge Pudding Cake w/ WT	1 svg	X	X	X	soft	soft	# 8 sc pur	X	X	cookies	X	half svg regular OR	
											CCHO: diet cookie		D-170 diet chocolate cake	
E-324	Veg: Broccoli-Cheese Casserole-replace chicken w/ browned tofu (E-652)	6 oz sc	4 oz sc	8 oz. sc	X	soft	deviled eggs	# 8 sc pur	2 oz sl cheese or tofu	SF	deviled eggs	X	4 oz sc	X
	Milk, low fat	4 oz.	X	8 oz.	8 oz.	X	X	X	X	X	cran jc	nonfat	X	X
E-106	BBQ'd Apple Chicken	3 oz	2 oz	4 oz	X	# 12 sc grd	# 12 sc grd	# 8 sc pur	cut up - no bones	SF	X	X	2 oz	X
V-18	Scalloped Potatoes	# 8 scoop	# 16 sc	X	F-31	X	X	# 8 sc pur	potato slices	SF	# 12 sc rice	X	# 16 sc	X
V-269	Seasoned Peas & Carrots	4 oz spoodle	2 oz sp	6 oz sp	X	X	chpd soft carrots	# 8 sc pur	X	SF	X	X	2 oz sp	X
D-218	Rainbow Gelatin Cubes w/ WT	1/2 cup	X	X	X	X	X	X	# 8 sc peaches	X	# 8 sc peaches	X	diet gelatin	
											CCHO:# 8 sc pch			
E-42	Veg:Cottage Cheese Fruit Plate	per recipe	X	X	X	soft	chpd	# 8 sc pur	2 ch slices + 1/2 c fruit	SF	X no jello- w/ allowed fruit	X	diet fruit /cott cheese plate	
	Milk, low fat	4 oz.	X	8 oz.	8 oz.	X	X	X	X	X	apple jc	nonfat	X	X

X. THIS ITEM IS THE SAME PORTION SIZE AS THE FOOD STATED ON THE REGULAR MENU. PORTION SIZES: # 6 SCOOP=2/3C, # 8 SCOOP=1/2 CUP, # 12 SCOOP=1/3C, # 16 SCOOP=1/4C.

1. Mildly restricted sodium (3-4 gm Na) add the following to traycard: NO salty meats, canned soups, canned vegetables, or salt on tray.
2. Fortified diets: May individualize to include 2 fortified items each day during meals; see recipe book for fortified items.
3. Definition of chopped and finely chopped - all chopped items must be less than 1/2", finely chopped must be 1/8" to not more than 1/4".