



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
	Orange Juice	4 oz	X	X	X	X	X	X	X	X	grape	X	X	X
B-51	Farina	6 oz ladle	4 oz	X	F-10	X	X	X	in mug	SF	X	X	4 oz	X
E-156	Fried Egg	1 egg	X	2	X	X	poached	# 8 sc pur	cooked	SF	X	X - ok	X	X
B-13	Bran Muffin	1 each	X	X	X	X	soft bread	# 8 sc pur w/ melted marg	X	X	X	X	1/2 sl toast	X
	Margarine	1 t	X	X	X	X	X	X	X	X	X	no	X	X
	Milk, low fat	8 oz.	X	X	X	X	X	X	X	X	4 oz mocha mix	nonfat	X	X
E-574 or E-69	Lemon Baked Pork Chop OR Liver & Onions	3 oz	2 oz	4 oz	X	chpd	finely chpd	# 8 sc pur	3 oz meat cut up	SF	X-ok	X-ok	2 oz	X
V-21	Baked Potato	1/2 potato	1/4 potato	whole potato	F-31	no skin	# 8 sc mashed potatoes		cut up	SF	corn	X	1/4 potato	X
purchase	Sour Cream /Chives	1 oz / 1 t.	X	2	X	X	no	no		X	no	X	X	X
V-37	Seasoned Broccoli	4 oz spoodle	2 oz sp	6 oz sp	X	chpd	chpd carrots	# 8 sc pur	X	SF	carrots	X	2 oz	X
B-7	Dinner Roll	1 each	X	X	X	X	soft bread	#8 sc puree w/ melted marg	X	X	X	X	X	X
	Margarine	2 t	X	X	X	X	X	X	X	X	X	jelly	1 t	1 t
D-182	Heavenly Hash	#12 scoop	X	X	X	fruit cocktail	4 oz sc pudding		X	X	4 oz fruit cocktail CCHO:frt cocktail	X	4 oz sc fruit cocktail	
E-150	Veg: Lentil Loaf	3 oz	2 oz	4 oz	X	X	soft	# 8 sc pur	cut up	X	browned tofu	X	2 oz	X
	Milk, low fat	4 oz.	X	8 oz.	8 oz.	X	X	X	X	X	cran jc	nonfat	X	X
S-22	Tossed Salad with	1/2 cup	X	X	X	finely chpd	4 oz juice		X	SF	X -no tomatoes	X	X	X
S-251	Ranch Dressing	1 oz	X	X	X	X	no	no	X	SF	X-ok	X -ok	X	X
E-425	Soft Tacos	2 tacos	1	3	X	X	2 oz seas grd beef	# 6 sc pur	X	SF	3 oz beef patty	1	1	X
SC-13	Salsa	1 oz /#30 sc	X	X	X	X	# 8 sc pur	# 8 sc pur	X	SF	no	X	X	X
V-42	Mexican Corn	4 oz spoodle	2 oz sp	6 oz sp	X	X	no	no	4 oz sp	X	X	X	2 oz sp	X
V-12	Refried Beans w/ Melted Cheese	# 8 scoop	X	X	X	X	# 8 sc w/ melted cheese	# 8 sc pur w/ melted marg	no	X	rice	no	X	X
D-51	Oatmeal Cookie	2 each	X	X	X	X	# 12 sc pur	# 12 sc pur	X	1 - ok	1 -ok CCHO: 1 reg cookie	X	1 regular cookie OR D-122 diet oatmeal cookies	
E-425	Veg: Soft Bean Tacos	2 tacos	1	3	X	chpd		# 6 sc pur	X	SF	soft tofu tacos	1	1	X
	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".