

# Soft & Minced - Dysphagia

## ♥ How to use this menu:

Pick your preferred food to create your own custom meal combinations.

Please consult with the Therapeutic Meals registered dietitian to review your diet texture needs.

### A Satisfying Proteins

<input type="radio"/> Sweet & Sour Pork	Minced	\$5.50
<input type="radio"/> Beef in Mushroom Sauce	Minced	\$5.50
<input type="radio"/> Beef Italian Meat Sauce	Pureed	\$5.50
<input type="radio"/> Savoury Chicken	Minced	\$5.50
<input type="radio"/> Chicken Curry	Minced	\$5.50
<input type="radio"/> Fish with Parsley & Lemon	Soft	\$5.50
<input type="radio"/> BB Pork	Pureed	\$5.50
<input type="radio"/> Lentil Delish	Pureed	\$4.00
<input type="radio"/> Crustless Quiche	Soft	\$4.75
<input type="radio"/> Roasted Pork & Garlic	Minced	\$5.50
<input type="radio"/> Salmon Dill	Soft	\$7.00

### B Tasty Carbohydrates

<input type="radio"/> Roasted Potatoes	Soft	\$2.75
<input type="radio"/> Roasted Yams	Soft	\$3.75
<input type="radio"/> Whipped Potato & Herbs		\$2.20
<input type="radio"/> Whipped Potato & Cheese		\$2.75
<input type="radio"/> Whipped Potato		\$2.20
<input type="radio"/> Whipped Yams		\$3.75
<input type="radio"/> Whipped Butternut Squash		\$3.00
<input type="radio"/> Pasta & Herbs	Soft	\$3.00

### C Fantastic Veggies

<input type="radio"/> Green Beans & Garlic	Minced	\$3.00
<input type="radio"/> Candied Carrots	Soft	\$3.00
<input type="radio"/> Herbed Carrots	Soft	\$3.00
<input type="radio"/> Beet and Apple Puree		\$3.00
<input type="radio"/> Whipped Carrots & Parsnip		\$3.00
<input type="radio"/> Green Peas & Mushrooms	Soft	\$3.75
<input type="radio"/> Braised Red Cabbage	Minced	\$3.75
<input type="radio"/> Broccoli & Cauliflower	Soft	\$3.75
<input type="radio"/> Cauliflower & Cheese	Soft	\$3.25
<input type="radio"/> Creamed Spinach	Pureed	\$3.75
<input type="radio"/> Seasonal Veggie Dish	Soft	\$3.75

### D Velvety Sauces

<input type="radio"/> Cheese Sauce	\$1.00
<input type="radio"/> Savoury Herb Sauce	\$1.00
<input type="radio"/> Garlic Sauce	\$1.00
<input type="radio"/> Mushroom Sauce	\$1.00
<input type="radio"/> Beef Gravy	\$1.00
<input type="radio"/> Italian Tomato Sauce	\$1.00
<input type="radio"/> Coconut Curry Sauce	\$1.00



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Prices and availability are subject to change.

### Nutrition Therapies & Lifestyles

<input type="radio"/> Swallowing Difficulty	<input type="radio"/> Diabetes
<input type="radio"/> Chewing Difficulty	<input type="radio"/> Renal
<input type="radio"/> Low Sodium	<input type="radio"/> Healthy Heart
<input type="radio"/> Gluten Free	<input type="radio"/> Taste Changes
<input type="radio"/> Dairy Free	<input type="radio"/> Post Surgery
<input type="radio"/> IBS/IBD Management	<input type="radio"/> Allergies