# 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
- Sweet & Sour Pork **Minced** $5.50
- Beef in Mushroom Sauce **Minced** $5.50
- Beef Italian Meat Sauce **Pureed** $5.50
- Savoury Chicken **Minced** $5.50
- Chicken Curry **Minced** $5.50
- Fish with Parsley & Lemon **Soft** $5.50
- BB Pork **Pureed** $5.50
- Lentil Delish **Pureed** $4.00
- Crustless Quiche **Soft** $4.75
- Roasted Pork & Garlic **Minced** $5.50
- Salmon Dill **Soft** $7.00

## B Tasty Carbohydrates
- Roasted Potatoes **Soft** $2.75
- Roasted Yams **Soft** $3.75
- Whipped Potato & Herbs $2.20
- Whipped Potato & Cheese **Soft** $2.75
- Whipped Potato **Soft** $2.20
- Whipped Yams **Soft** $3.75
- Whipped Butternut Squash **Soft** $3.00
- Pasta & Herbs **Soft** $3.00

## C Fantastic Veggies
- Green Beans & Garlic **Minced** $3.00
- Candied Carrots **Soft** $3.00
- Herbed Carrots **Soft** $3.00
- Beet and Apple Puree $3.00
- Whipped Carrots & Parsnip $3.00
- Green Peas & Mushrooms **Soft** $3.75
- Braised Red Cabbage **Minced** $3.00
- Broccoli & Cauliflower **Soft** $3.75
- Cauliflower & Cheese **Soft** $3.25
- Creamed Spinach **Pureed** $3.75
- Seasonal Veggie Dish **Soft** $3.75

## D Velvety Sauces
- Cheese Sauce $1.00
- Savoury Herb Sauce $1.00
- Garlic Sauce $1.00
- Mushroom Sauce $1.00
- Beef Gravy $1.00
- Italian Tomato Sauce $1.00
- Coconut Curry Sauce $1.00

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**Therapeutic Meals**

**Eat Well. Feel Good.**

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Prices and availability are subject to change.