# Soft & Bite-Sized Chef Special
(Dysphagia 3/Mechanical Soft)

### Monday
**Breakfast:** Pureed peach French toast, scrambled eggs, turkey sausage, light yogurt  
**Lunch:** Minced chicken with gravy, mashed potatoes, pureed broccoli, pureed potato shallot soup  
**Dinner:** Penne with marinara, minced beef, peas, sherbet

### Tuesday
**Breakfast:** Scrambled eggs, turkey sausage, oatmeal with brown sugar  
**Lunch:** Minced beef with gravy, steamed carrots, applesauce, diced peaches, cream of chicken soup  
**Dinner:** Grilled salmon, mashed potatoes, pureed broccoli, frozen custard

### Wednesday
**Breakfast:** Cheddar cheese egg white omelet, Cream of Wheat®, pureed mixed berries  
**Lunch:** Minced turkey with gravy, peas, mashed sweet potatoes, pureed Italian wedding soup  
**Dinner:** Penne with marinara, minced chicken with marinara, pureed broccoli, pudding

### Thursday
**Breakfast:** Hash brown casserole, scrambled eggs, diced peaches, Greek yogurt  
**Lunch:** Hamburger patty, roasted sweet potatoes, peas, applesauce, pureed Italian sausage soup  
**Dinner:** Minced turkey with gravy, mashed potatoes, pureed carrots, sherbet

### Friday
**Breakfast:** Cheddar cheese egg white omelet, turkey sausage, oatmeal with brown sugar, light yogurt  
**Lunch:** Minced chicken with BBQ sauce, pureed carrots, mashed sweet potatoes, poblano black bean soup  
**Dinner:** Grilled salmon, macaroni and cheese, pureed broccoli, peanut butter whip

### Saturday
**Breakfast:** Cheesy scrambled eggs, pureed peach French toast, oatmeal, banana  
**Lunch:** Chicken salad, peas, diced peaches, pureed broccoli cheddar soup  
**Dinner:** Minced beef with gravy, mashed potatoes, steamed carrots, sherbet

### Sunday
**Breakfast:** Scrambled eggs, turkey sausage, oatmeal with brown sugar, Greek yogurt  
**Lunch:** Hamburger patty, pureed broccoli, diced peaches, pureed tomato basil soup  
**Dinner:** Minced pot roast and gravy, pureed carrots, roasted sweet potatoes, frozen custard