

Joanna Wirkus

Back of the House Menu Regular

Meal	Part of the Meal	Name on Menu	Serving	Details
Breakfast	Juice	Tomato Juice	8 oz	V8 low sodium
	Cereal	Wheat Berry Pudding	½ cup	
	Entree	Veggie Scramble	3 eggs and 1 cup veggies per serving	
	Side	Yogurt	7 oz non-fat plain Greek yogurt with 1/8 th cup mixed chopped nuts and 1/8 cup berries	
Lunch	Soup	Lentil Soup	1 cup	
	Entree	Grilled Salmon	3 oz	
	Vegetable	Steamed Mushrooms	1 cup	
	Starch	Wild Rice	1 cup ½ cup of creamy mushroom sauce	
	Dessert	Fresh Berries	1 cup	
Dinner	Soup	Beet Soup	1 cup	
	Entree	Lentil Loaf Vegan Gravy	1inch slice with 5 oz of gravy	
	Vegetable	Steamed Green Beans	1 serving = 1 cup of green beans 3 TBS bread crumbs and 2 tsp olive oil to <i>thinly</i> coat	
	Starch	Mashed Sweet Potatoes	1 cup of mashed yams	
	Dessert	Baked Cinnamon Apples	½ of an apple baked lightly sprinkled with cinnamon, nutmeg, clove, allspice	

Back of the House Menu Dysphagia

Meal	Part of the Meal	Name on Menu	Serving	Details
Breakfast	Juice	Tomato Juice	8 oz	Low sodium v8
	Cereal	Wheat Berry Pudding	½ cup	
	Entree	Blueberry Waffles with Berry Compote	1 large waffle with 4 oz of compote evenly drizzled to SOAK waffle	
	Side	Yogurt	7 oz of plain Greek yogurt with 3oz cherry compote	
Lunch	Soup	Blended Lentil Soup	1 cup of lentil soup blended	
	Entree	Grilled Salmon	3 oz of grilled salmon garnish with lemon and parsley	
	Vegetable	Eggplant Cubes	1 cup of cubes sprinkled with Parmesan	
	Starch	Wild Rice	1 cup of wild rice	
	Dessert	Berries	1 cup of unfrozen mixed berries	
Dinner	Soup	Blended Beet Soup	1 cup of beet soup blended	
	Entree	Turkey dark meat with gravy	3 oz of turkey dark meat in chunks	
	Vegetable	Steamed Green Beans	1 cup of green beans chopped	
	Starch	Mashed Sweet Potatoes	1 cup of mashed sweet potatoes/yams with cinnamon	
	Dessert	Cinnamon Applesauce	½ cup of applesauce	