

FOOD SUGGESTIONS			
<u>COLD</u>			
Cottage cheese	Yogurt	Ice cream , shakes (no straw)	Milk
Italian ice	Applesauce	Coleslaw	Soft moist cake
Jello	Iced tea	Tuna, tuna salad	Fruit juices – V8 juice
Chicken salad	Crab salad	Pudding	Eggnog
Jelly	Cream cheese	Peaches	Protein drinks, ensure,
Chocolate (no nuts)	Melons	Bananas	Smoothies (no straw, no seeds)
Avocados	Potato salad		
<u>WARM, HOT</u>			
Well cooked veggies (not seeds or skins), squash, cream corn, carrots, cauliflower, spinach	Mashed potatoes, baked potatoes (no skins)	Baby muffins	Chicken and meat cut very small
Pastas and sauce soft shells	Ravioli, risotto	Oatmeal	Oreo cakesters
Malt o meal	Eggs, scrambled, boiled, poached, fried	Pancakes	Fish
Hot chocolate	Soups	Mac and cheese	Ground hamburger, well ground up small pieces
Quiche	Beans	Tofu	Twinkies
Bread pudding	Soft stuffing	Crab, scallops,	Cookies softened in milk
Crackers soften in soup			
<u>**DO NOT EAT ***</u>			
NO Potato chips	NO Nacho chips	NO Bread crust	NO Crunchy foods
NO Pizza crust	NO Nuts	NO Popcorn	NO Ice cream cones
NO Seeds			