SOFT, MOIST MEAL IDEAS

Breakfast

• Hot or cold cereal with milk or cream, brown sugar or maple syrup
• French toast or pancakes made with eggs, milk or a nutritional supplement (with syrup, margarine or butter)
• Eggs (fried with butter, poached, hard boiled, scrambled)
• Custard, yogurt or cottage cheese with low acid fruit
• Milkshakes with milk, yogurt and low acid fruits

Lunch and Supper

• Soups
  • Cream of broccoli or chicken, pea or lentil soup
  • Stir in an egg or top with shredded cheese for extra protein
• Soft moist meals
  • Stews or casseroles made with
    • Ground beef
    • Chopped poultry
    • Eggs
    • Tofu
    • Legumes
  • Shepherd’s pie with extra gravy
• Chicken à la King
• Chicken Stroganoff
• Broccoli & rice casserole
• Baked beans with maples syrup
• Macaroni & cheese or noodles made with cheese sauce

Deserts and snacks:
• Milkshakes or smoothies
• Yogurt or cottage cheese with low acid fruit
• Pudding, tiramisu or crème caramel made with whole milk or cream
• Jell-O made with liquid supplements, yogurt or ice cream (instead of cold water)
• Liquid nutritional supplements (plus calories)

One day sample menu

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Description</th>
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<tbody>
<tr>
<td>Breakfast</td>
<td>Oatmeal, ½ banana, decaf coffee or tea with milk or cream</td>
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<tr>
<td>AM snack</td>
<td>Milkshake or smoothie or oral supplement</td>
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<tr>
<td>Lunch</td>
<td>Cream soup with crackers (soaked in soup), glass of low acid juice</td>
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<td>PM snack</td>
<td>Greek yogurt with fruit or pudding</td>
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<tr>
<td>Super</td>
<td>Shepherd’s pie with gravy</td>
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<td>HS snack</td>
<td>Ice cream or frozen yogurt</td>
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