



Select
Meals

Select Meals Puree Signature Meals
Enjoy our delicious selections!

3oz – Omelet 4oz- Pancakes 1oz -Syrup 4oz – Applesauce 4oz – Grape Juice 8oz – 2% Milk Week 1	3oz – Roast Beef/w 1oz Gravy 4oz – Whip Potatoes 4oz – Carrots 4oz – Vanilla Pudding 8oz- 2% Milk	3oz - Creme Turkey 4oz- White Rice/w 1oz – Gravy 4oz – Green Peas 4oz – Cherry Gelatin 4oz – Grape Juice 8oz – 2% Milk	3oz – Roasted Loin/w 1oz Gravy 4oz – Creme Potatoes 4oz – Sweet Corn 4oz – Lemon Pudding 8oz- 2% Milk	4oz – Waffle 3oz- Sausage Syrup 4oz -Strawberries 8oz – 2% Milk 4oz – Orange Juice	3oz – Honey Mustard Chicken 4oz – Mac & Cheese 4oz – Green Beans 4oz – Orange Gelatin 40z – Grape Juice 8oz – 2% Milk	3oz – Pot Roast 4oz – Mash Potatoes/w 1oz Gravy 4oz – Carrots 4oz – Chocolate Pudding 8oz – 2% Milk
3oz – BBQ Chicken 4oz – Crème Corn 4oz – Green Beans 4oz – Orange Gelatin 4oz – Grape Juice 8oz – 2% Milk Week 2	3oz – Pork Loin/w 1oz Gravy 4oz – Creme Potatoes 4oz – Sweet Corn 4oz – Lemon Pudding 8oz- 2% Milk	3oz – Omelet 4oz- Waffle 1oz -Syrup 4oz -Applesauce 4oz – Grape Juice 8oz – 2% Milk	3oz – Roasted Turkey/w 1oz - Gravy 4oz- Whip Potatoes 4oz – Green Peas 4oz – Butterscotch Pudding 8oz – 2% Milk	3oz – Sausberry Steak 4oz- Rice/w 1oz Gravy 4oz – Carrots 4oz – Cherry Gelatin 4oz – Orange Juice 8oz – 2% Milk	3oz – Chicken/w 1oz - Gravy 4oz – Mac & Cheese 4oz – Green Beans 4oz – Vanilla Pudding 8oz – 2% Milk	4oz – Pancakes 3oz- Sausage 1oz -Syrup 4oz- Cinnamon Applesauce 4oz – Orange Juice 8oz – 2% Milk
4oz – Waffle 3oz- Sausage 1oz -Syrup 4oz -Cinnamon Applesauce 4 oz – Grape Juice 8oz – 2% Milk Week 3	3oz – Meatloaf 4oz- Mash Potatoes 4oz – Carrots 4oz – Butterscotch Pudding 8oz – 2% Milk	3oz – Chicken/w 1oz - Gravy 4oz – Mac & Cheese 4oz – Green Beans 4oz – Orange Gelatin 4oz – Grape Juice 8oz – 2% Milk	3oz – Roasted Loin/w 1oz Gravy 4oz – Creme Potatoes 4oz – Sweet Corn 4oz – Chocolate Pudding 8oz- 2% Milk	3oz – Roast Beef/w 1oz Gravy 4oz – Whip Potatoes 4oz – Carrots 4oz – Vanilla Pudding 8oz- 2% Milk	3oz – Omelet 4oz- Pancakes 1oz -Syrup 4oz -Applesauce 4oz -Orange Juice 8oz – 2% Milk	3oz – Honey Mustard Chicken 4oz – Mac & Cheese 4oz – Green Beans 4oz – Cherry Gelatin 4oz – Grape Juice 8oz – 2% Milk
3oz – Roast Beef/w 1oz Gravy 4oz – Whip Potatoes 4oz – Carrots 4oz – Vanilla Pudding 8oz- 2% Milk Week 4	4oz – Pancakes 3oz- Sausage 1oz -Syrup 4oz - Applesauce 4oz – Orange Juice 8oz – 2% Milk	3oz – Crème Pork 4oz – Whip Potatoes 4oz – Sweet Corn 4oz – Vanilla Pudding 8oz- 2% Milk	3oz – BBQ Chicken 4oz – Mac & Cheese 4oz – Green Beans 4oz – Orange Gelatin 4oz – Grape Juice 8oz – 2% Milk	3oz – Pot Roast 4oz – Mash Potatoes/w 1oz Gravy 4oz – Carrots 4oz – Chocolate Pudding 8oz – 2% Milk	3oz - Creme Turkey 4oz- White Rice/w 1oz – Gravy 4oz – Green Peas 4oz – Cherry Gelatin 4oz – Orange Juice 8oz – 2% Milk	3oz – Omelet 4oz- Waffle 1oz - Syrup 4oz - Strawberries 4oz – Grape Juice 8oz – 2% Milk

Note: Beverages are not thickened

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NUTRITION INFORMATION

Beef Meals	CAL	FAT	CARBS	SODIUM
Pot Roast, Mash Potatoes/w Gravy, Carrots, Cherry Gelatin	545	22g	45g	1480mg
Roast Beef/w Gravy, Whip Potatoes, Carrots, Vanilla Pudding	492	21g	54g	1465mg
Salisbury Steak, Rice/w Gravy, Carrots, Cherry Gelatin	575	18g	59g	1080mg
Breakfast Meals	CAL	FAT	CARBS	SODIUM
Omelet, Pancakes, Applesauce, Grape Juice	380	14g	50g	500mg
Waffle, Sausage, Strawberries, Orange Juice	330	6g	50g	490mg
Pancakes, Sausage, Cinnamon Applesauce, Orange Juice	340	14g	50g	490mg
Omelet, Waffle, Applesauce, Grape Juice	370	14g	50g	440mg
Chicken Meals	CAL	FAT	CARBS	SODIUM
Honey Mustard Chicken, Mac & Cheese, Green Beans, Orange Gelatin	475	25g	55g	1360mg
Chicken w/Gravy, Whip Potatoes, Green Beans, Cherry Gelatin	382	18g	36g	1385mg
BBQ Chicken, Crème Corn, Green Beans, Orange Gelatin	480	25g	56g	1440mg
Pork Meals	CAL	FAT	CARBS	SODIUM
Roasted Pork loin/w Gravy, Crème Potatoes, Sweet Corn, Lemon Pudding	562	24g	60g	1319mg
Crème Pork, Whip Potatoes, Sweet Corn, Vanilla Pudding	584	26g	62g	1504mg
Turkey Meals	CAL	FAT	CARBS	SODIUM
Crème Turkey, White Rice/w Gravy, Green Peas, Cherry Gelatin	442	17g	50g	1365mg
Roasted Turkey/w Gravy, Whip Potatoes, Green Peas, Butterscotch Pudding	462	18g	56g	1535mg