

Lunch & Dinner

Available from 11:00 a.m. to 7:00 p.m.

BEVERAGES*

Beverages may be modified per diet order.

Starbucks Coffee

Regular or
Decaffeinated

Tea

Black, Green, Herbal,
or Iced

Hot Chocolate

Regular (16g)
No Added Sugar
(12g)

Milk

Whole, 2%, or
Fat-Free (12g)
Chocolate (25g)

Soy Milk

Vanilla or Chocolate
(18-25g)

Almond Milk

Vanilla or Chocolate
(13-19g)

Cold Beverages

Bottled Water
Coconut Water (13g)
Sparkling Water
Lemonade (42g)

Juice

Apple (15g)
Orange (13g)
Cranberry (16g)
Diet Cranberry (1g)
V8 (6g)

Nutrition Supplements

Ensure (40g)
Ensure Max (6g)
Ensure Clear (52g)
Kate Farms (38g)

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SWEET & DELICIOUS*

Depending upon diet order
restrictions, some of these items may
not be available.

Gelatin

Assorted Flavors
(1-23g)

Ice Cream

Chocolate (19g)
Vanilla (17g)

Magic Cup* (Thickened)

Berry (40g)
Chocolate (38g)
Orange (38g)
Vanilla (38g)

Pudding

Assorted Flavors
(13-31g)

Sherbet

Orange or
Raspberry
(23-26g)

Gelatin (Thickened, High Protein)

Assorted
Flavors (1-20g)

Your doctor and speech pathologist have prescribed a level 5 Minced & Moist texture.

Dysphagia diets are designed for those with
swallowing difficulties. Food textures are
modified for safe swallowing. Your speech
pathologist will determine which texture is
best for you.

Minced & Moist Texture

The level 5 Minced & Moist texture consists
of all pureed foods plus soft, minced fruits
and vegetables, and meat moistened with
sauce or gravy. This texture excludes items
that are excessively dry, crumbly, or fibrous.

Thickened Fluids

In addition to modifying food texture, some
patients with difficult swallowing also
require fluids that are thickened to make
drinking safe.

Thin Liquids: No restrictions.

Mildly-Thick Liquids: A liquid that is slightly
thicker than water.

Moderately-Thick Liquids: A liquid that
flows like honey.

Resources

Overlakehospital.org/outpatientnutrition
Eatright.org
Oldwayspt.org
[Overlakehospital.org/services/rehabilitation-care/
speech-therapy](http://Overlakehospital.org/services/rehabilitation-care/speech-therapy)
Asha.org/



SEASONS DINING

BY OVERLAKE

Seasons Dining features local,
organic produce, whole-grain
artisan breads, trans-fat-free
bakery items, and fair-trade coffee.

Once you have decided on your
meal, simply dial extension **6368**
(MENU) to place your order. Please
allow 45 minutes to one hour
for delivery.

Avoid call waiting times and
preorder your evening meal from
2 p.m. to 4 p.m. daily for a delivery
time of your choice.



Breakfast

Available from 6:30 a.m. to 10:00 a.m.

OVERLAKE SUNRISE

Juice*

Apple (15g)
Orange (13g)
Cranberry (16g)
Diet Cranberry (1g)
V8 (6g)

Fruit*

Applesauce (13g)
Mixed Berries (27g)
Peaches (16g)
Pears (7g)

Cottage Cheese* (5g)

Yogurt Smoothie*

Mixed Berry (18g)
Strawberry Banana (18g)
Mango (19g)

Yogurt*

Lemon (26g)
Organic Vanilla (17g)

Greek Yogurt*

Plain Nonfat (6g)
Vanilla Triple Zero (10g)
Strawberry Triple Zero (10g)

Dairy-Free Coconut Yogurt*

Vanilla (13g)

Hot Cereal

Steel-Cut Oats (29g)
Cream of Wheat (17g)
Cream of Rice (19g)

Toppings

Brown Sugar (13g)
Honey (12g)
Splenda (1g)
Stevia (1g)
Half & Half

Breakfast

Available from 6:30 a.m. to 10:00 a.m.

GRIDDLE

Please Select One Entree Per Order

French Toast

Served with eggs and mixed berries (44g)

Pancakes

Served with eggs and blueberries (37g)

Waffle

Served with turkey sausage and mixed berries (49g)

Scrambled eggs

Served with potatoes and fruit cocktail (33g)

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Small Plates & Salads

Cottage Cheese and Fruit

Cottage cheese (5g) with peaches (16g) or pears (7g)

Deli Salad

(No Bread)

Chicken Salad (2g)
Egg Salad (4g)
Tuna Salad (1g)

SOUPS

Bistro Cream of Mushroom (12g)
Creamy Butternut Squash (15g)
Tomato (13g)

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NORTHWEST CLASSICS

Please Select One Entree Per Order

Chicken Enchilada

Served with broccoli and corn (49g)

Chicken Pot Pie

Served with green beans and mixed berries (51g)

Meatloaf

Served with butternut squash and peaches (49g)

Pork with Vegetables

Served with sweet potatoes and baked apples (52g)

Seafood Casserole

Served with broccoli and cherries (36g)

Turkey

Served with bread stuffing and cranberries (49g)

Macaroni & Cheese

Served with broccoli and carrots (52g)

Vegetable Lasagna

Served with carrots and green beans (41g)

À LA CARTE

Yukon Gold mashed potatoes with brown or beef or chicken gravy (17g)

*Items are available at any time.

Half portions are available upon request.