

You have been enjoying Blossom Foods puree meals. Blossom Foods was created in 2006 to respond to the surprising lack of good tasting, easy to prepare soft textured meals for those with dysphagia (swallowing disorders).

Blossom Foods handcrafts each menu item for you to enjoy. No artificial ingredients or additives are ever used; Only pure and fresh and ingredients.

It is one of the most focused goals: make some aspect of the facility provider and the caregiver's day a bit easier. From the freezer to heating, preparing a meal should be effortless yet thoughtful.

Soft textured meals do not have to mean baby food or mush. Let's get away from that entire conversation!

Our #1 goal is to provide our customers independence at meal time, with enjoyable and delicious food, regardless of texture.

Your doctor and speech pathologist have prescribed a level 4 Pureed texture.

Dysphagia diets are designed for those with swallowing difficulties. Food textures are modified for safe swallowing. There are three different levels of dysphagia textures: Puree, Minced & Moist, and Soft & Bite-Sized. Your speech pathologist will determine which diet is best for you.

Pureed Texture: The level 4 Pureed texture consists of foods that do not require chewing. All foods must be blended and smooth. Mixed textures are also avoided, so soups are pureed to make a smooth texture without pieces.

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

Thin fluids: No restrictions

Mildly-thick fluids: A liquid that is slightly thicker than water

Moderately-thick fluids: A liquid that flows like honey

If you order an item that does not fit within these dietary guidelines, you will be offered another item. If you have questions about your diet, please ask to speak with your dietitian or speech pathologist.

Nutrition Therapy for Recovery

After your hospital stay, your body continues to need extra protein, calories, and other nutrients to help you heal, regain strength, and replenish energy. Your body uses protein to build cells and repair tissue. Poor nutrition can slow the healing process and put you at risk for complications, weakness, falls, or another hospital stay.

During your stay, you may have been prescribed a nutrition supplement drink (Ensure, Kate Farms, Milkshake, or Smoothie) to increase your protein and calorie intake. It's ideal to meet your nutrition needs from a variety of healthy foods. If your appetite is low or you are unable to eat enough protein, nutrition supplement drinks can help your body get the nourishment it needs.

Continue to drink 2 nutrition drinks or eat 2 protein-containing snacks daily in addition to your regular meals for at least 30 days after your hospital stay to support healing and recovery at home.

Choose nutrition supplement drinks and snacks that have a minimum of 7g of protein per serving.

Nutrition supplement drinks taste best served chilled or over ice.

Resources

Overlakehospital.org/outpatientnutrition
Eatright.org
Oldwayspt.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*

Items may be modified per speech therapist's or physician's diet order. This may change the amount of carbohydrates in the item.

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

Fruit*

- Applesauce (13g)
- Mixed Berry (27g)
- Peaches (28g)
- Pears (30g)

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

- Puree Oats (20g)
- Cream of Wheat (17g)
- Cream of Rice (19g)

Toppings*

- Brown Sugar (13g)
- Honey (12g)

Breakfast

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

GRIDDLE

Please Select One Entree Per Order

Pancake

Served with eggs and turkey sausage (37g)

French Toast

Served with eggs and pears (44g)

Scrambled Eggs

Served with potatoes and fruit cocktail (33g)

Waffle

Served with turkey sausage and mixed berries (49g)

Condiments*

- Maple Syrup (30g)
- Sugar-Free Syrup (4g)
- Salt & Pepper
- Butter
- Margarine
- Jam & Jelly (3-10g)
- Peanut Butter (6g)
- Sour Cream
- Ketchup (3g)
- Tabasco
- Sugar in the Raw (5g)
- Splenda (1g)
- Stevia (1g)
- Half & Half
- Nondairy Creamer

Lunch & Dinner

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

Soups

- Tomato (13g)
- Creamy Butternut Squash (15g)
- Bistro Cream of Mushroom (12g)
- Chicken (1g), Beef (1g), or Vegetable Broth (2g)

NORTHWEST CLASSICS

Please Select One Entree Per Order

Meatloaf

Served with butternut squash and peaches (49g)

Macaroni and Cheese

Served with broccoli and carrots (52g)

Chicken Pot Pie

Served with green beans and mixed berries (51g)

Vegetarian Lasagna

Served with carrots and green beans (41g)

Roast Turkey

Served with bread stuffing and cranberries (49g)

Pork with Vegetables

Served with vegetables, sweet potatoes, and baked apple (52g).

Seafood Casserole

Served with broccoli and cherries (36g)

À LA CARTE

Yukon Gold mashed potatoes served with gravy (17g)

Lunch & Dinner

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

SWEET & DELICIOUS

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

Ice Cream

- Chocolate (19g)
- Vanilla (17g)

Sherbet

Orange or Raspberry (23-26g)

Gelatin

Orange and Strawberry (1-23g)

Pudding

Assorted flavors (13-31g)

Magic Cups (Thickened)

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

Gelatin (Thickened)

Assorted Flavors (1-20g)

BEVERAGES

Starbucks Coffee

Regular or Decaffeinated

Tea

Black, Green, Herbal, Iced

Hot Chocolate

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

Milk

Whole, 2%, 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)

*Items are available at any time.

Half portions are available upon request.