

Soft Food Ideas

Breakfast

- Milk
- Softened cereal
- fruit juice
- Cream of Wheat
- Grits
- Oatmeal
- Scrambled Eggs/Omelets
- Ensure
- Carnation Instant Breakfast

Meal Ideas

- Vegetables well cooked, mashed, Pureed or in cassaroles with a soft meat you can cut with a fork. NO CORN

Meat and fish

- Devield Ham
- Tuna
- Chicken
- Salads
- Any Flaky Fish

Cheese

- Soft cream cheese
- Pimento cheese
- Cottage Cheese
- Cheese Spread
- Any soft cheese

Snack Ideas

- Applesauce Jell-O
- Yogurt
- Ice Cream
- Pudding
- Canned Fruit
- Soft Fruit

Pasta

- Any type

Soups

- Any type