

# Mechanical Soft Menu

Sunday

## Breakfast

Pancakes with Finely Chopped Turkey Links

## Lunch

Chopped Chicken Marsala, Mashed Potatoes,  
Chopped Green Beans **or**  
Chicken Salad Sandwich on White, Cream of Chicken Soup

## Dinner

Chopped Beef Patty with Gravy, Mashed Potatoes,  
Chopped Carrots **or**  
Mechanical Chopped Turkey Sandwich, Cream of Chicken Soup

Monday

## Breakfast

Apple Muffin, Cheese Eggs, Breakfast Potatoes, Peaches

## Lunch

Chopped Pork Loin with Gravy, Chopped Green Beans,  
Mashed Potatoes **or**  
Egg Salad Sandwich on White, Beef Vegetable Soup

## Dinner

Chopped Lasagna with Tomato Glaze, Chopped Zucchini  
and Squash Blend **or**  
Chicken Salad Sandwich on White, Beef Vegetable Soup

Tuesday

## Breakfast

Cream of Wheat, Scrambled Eggs, Breakfast Potatoes

## Lunch

Chopped Meatloaf with Gravy, Mashed Potatoes,  
Chopped Green Beans **or**  
Chicken Salad Sandwich on White, Chicken Tortilla Soup

## Dinner

Chopped Chicken Breast with Gravy, Olive Oil Whipped  
Potatoes, Steamed Carrots (soft) **or**  
Roast Beef Sandwich, Chicken Tortilla Soup

Wednesday

## Breakfast

French Toast, Chopped Finely Turkey Links, Cereal (Cornflakes  
or Rice Krispies)

## Lunch

Chopped Chicken, Mashed Potatoes, Chopped Asian  
Vegetable Blend **or**  
Chopped Roast Beef Sandwich (extra mayo), Beef Vegetable Soup

## Dinner

Chopped Salisbury Steak with Brown Gravy, Mashed  
Potatoes, Chopped Baby Carrots **or**  
Chopped Southwestern Chicken Salad (extra mayo), Vegetable Soup

Thursday

## Breakfast

Scrambled Eggs, Blueberry Muffin, Pear Halves

## Lunch

Chopped Salmon, Mashed Potatoes, Chopped Green Beans **or**  
Chicken Salad Sandwich, Tomato Soup

## Dinner

Chopped Roast Turkey Breast, Mashed Potatoes,  
Chopped Carrots, Classic Bread Stuffing, Herb Gravy **or**  
Turkey Club Sandwich, Tomato Soup

Friday

## Breakfast

Scrambled Eggs, Sweet Orange Muffin, Pear Halves

## Lunch

BBQ Pulled Pork Sandwich, Chopped Carrots **or**  
Turkey Cobb Sandwich, Broccoli Cheddar Soup

## Dinner

Chopped Sesame Chicken with Whipped Potatoes, Vegetable Blend  
**or** Ground Turkey Sandwich, Broccoli Cheddar Soup

Saturday

## Breakfast

Scrambled Eggs, Breakfast Potatoes, Blueberry Muffin

## Lunch

Baked Fish, Mashed Potatoes, Chopped Vegetable Blend **or**  
Egg Salad Sandwich, Chicken Noodle Soup

## Dinner

Chopped Pork, Chopped Carrots, Baked Sweet Potato **or**  
Peaches and Pears Fruit Plate with Banana Nut Muffin,  
Chicken Noodle Soup

# Mechanical Soft Menu

## Always Available Breakfast

### Hot Options

French toast  
Pancakes  
Finely Chopped Turkey Sausage  
Biscuits and Gravy  
Fresh Fruit Muffins  
Hot Cereals (oatmeal, grits, Cream of wheat)  
Scrambled Eggs  
Cheese Omelet  
Breakfast Potatoes

### Cold Options

Orange Segments  
Peaches  
Pears  
Applesauce  
Yogurt

### Lunch and Dinner

Pasta with Marinara sauce  
Ground Chicken Salad Sandwich on white  
Egg Salad Sandwich on white  
Tuna Salad Sandwich on white  
Grilled Cheese Sandwich on white  
Chicken Salad with Peaches or Pears  
Cottage Cheese with Peaches or Pears  
Chopped Veggies: Carrots, Green beans, Broccoli  
Whipped Potatoes

### Soups

Cream of Chicken, Tomato, Vegetable Rice,  
Broccoli & Cheddar, Cream of Mushroom,  
Beef Vegetable

### Desserts

Vanilla Pudding  
Applesauce  
Peaches & Cream Trifle  
Ice Cream: vanilla, Strawberry, chocolate  
Soft Fruit : peaches, pears



# NORTHSIDE HOSPITAL