



# Bariatric Pureed Menu

## Menu Selection and Techniques

- Select 1 protein option, 1 fruit OR starch, 1 vegetable
- Take small bites and chew thoroughly
- Don't drink with meals
- Numbers in ( ) indicate grams of protein

### Breakfast

Pureed Scrambled Egg (9) | Pureed sausage (21)

#### YOGURT AND FRUIT

Greek Yogurt: Peach (15) | Strawberry (15) | Vanilla (15)  
Applesauce with Cinnamon (0) | Pureed Mixed Berries (0)  
Pureed Peaches (1) | Pureed Pears (0)

### Lunch & Dinner

#### SOUPS

Pureed Chicken Noodle (8) | Beef Broth (1)  
Chicken Broth (1) | Vegetable Broth (0)

#### COMFORT FOODS

Pureed Roast Beef (21) | Pureed Chicken (21)  
Pureed Pork (21) | Pureed Turkey (22)

#### SIDES

Mashed Potatoes (2) | Pureed Carrots (1)  
Pureed Green Beans (1) | Pureed Peas (4)  
Beef Gravy (0) | Poultry Gravy (0)

#### DESSERTS

Sugar Free Gelatin (0)  
Greek Yogurt: Peach (15) | Strawberry (15) | Vanilla (15)  
Applesauce with Cinnamon (0) | Pureed Mixed Berries (0)  
Pureed Peaches (1) | Pureed Pears (0)

### Beverages

#### COFFEE 4 OZ (0)

Regular | Decaf

#### TEA 4 OZ (0)

Iced | Hot

#### MILK

Skim (8)

**SUGAR FREE LEMONADE 4 OZ (0) | BOTTLED WATER (0)**

#### PROTEIN SUPPLEMENTS

Beneprotein® (6)  
Optisource® (24): Strawberry | Caramel  
Gelatein20® (20): Fruit Punch | Lime  
Premier Protein® (30): Chocolate | Vanilla

### Riverside

(614) 566 - FOOD (3663)

**Breakfast** - Available from 7 a.m. to 10:30 a.m.

**Lunch** - Available from 11 a.m. to 2:30 p.m.

**Dinner** - Available from 3 p.m. to 7 p.m.