

**Making Mealtimes Magic
With Person Centered Dining**



Valentine's Day Dinner

Country steak with gravy

Rice pilaf

Steamed broccoli bouquets

Seasonal fruit salad

Fresh baked rolls

Cherry pie

Choice of beverage



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Valentine's Day Dinner Menu

Regular/No Added Salt		Soft & Bite Sized (IDDSI Level 6)		Puree		Consistent Carbohydrate (CCHO)		CCHO Puree
Country Steak With Gravy	3 oz. 1 oz.	Country Steak, Chopped With Gravy	3 oz. 1 oz.	P Country Steak With Smooth Gravy	#8 s 1 oz.	Country Steak With Gravy	3 oz. 1 oz.	P #8 s 1 oz.
Rice Pilaf	½ c	Rice Pilaf Mixed with With Gravy	½ c 1 oz.	P Rice Pilaf With Gravy	8 s 1 oz.	Rice Pilaf	½ c	P #8 s w/ Gravy 1 oz
Steamed Broccoli	½ c	Steamed Broccoli, Soft+	½ c	P Steamed Broccoli	#8 s	Steamed Broccoli	½ c	P #8 s
Seasonal Fruit Salad	½ c	Seasonal Fruit Salad, Soft, chopped+	½ c	P Seasonal Fruit Salad	#12 s	Seasonal Fruit Salad	½ c	P #12 s
Fresh Baked Rolls With Margarine	1 1 tsp	Minced & Moist Bread+ With Margarine	1 1 tsp	P Fresh Baked Rolls With Margarine	#16 1 tsp	Fresh Baked Rolls With Margarine	1 1 tsp	P#16 s 1 tsp melted
Cherry Pie	1 sl	Cherry Pie, chopped, No Crust+	1 sl	P Cherry Pie	#12 s	Cherry Pie	1 sl	P #12 s
Low Fat Milk	1 c	Low Fat Milk*	1 c	Low Fat Milk*	1 c	Low Fat Milk	1 c	1 c*
Choice of Beverage		Choice of Beverage*		Choice of Beverage*		Choice of Beverage		*

*At Ordered Liquid Consistency

+Per IDDSI Level 6 Guidelines

P = Pureed

SF = Sugar Free

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