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Soft Foods

Breakfast:

- Milk
- Fruit Juices
- Cream of Wheat
- Grits
- Scrambled Eggs
- Oatmeal
- Ensure/Boost Drinks
- Carnation Instant Breakfast Drink

Snacks:

- Applesauce
- Canned fruits
- Cheesecake
- Cream Pies
- Custards
- Ice Cream
- Malts, Milk Shake
- Jell-O
- Mousse
- Puddings
- Yogurt
- Fresh Fruits:
 - Bananas
 - Papayas
 - Mangos
 - Melons (very ripe)

Vegetables: (very well cooked, baked, scalloped, pureed, casseroles, soufflé)

- Avocado
- Broccoli (heads only)
- Potato (white or sweet)
- Carrots
- Peas
- Beans
- Squash
- Turnips

Meats and Fish:

- Deviled Ham
- Ground beef
- Canned Salmon
- Tuna
- Chicken
- Egg Salad
- Pressed Ham Salad
- Tuna Salad
- Any Flaky Fish

Cheese:

- Cream Cheese
- Pimento Cheese
- Cottage Cheese
- American Cheese
- Cheese Spread
- Processed Cheese

Pastas:

- Any Type, with or without sauce
- Egg Noodle
- Fettuccine
- Macaroni, with or without cheese
- Spaghetti and sauce

Soups:

- Any kind without rice.