

infant foods

first foods

Chicken W/ Gravy
Turkey W/ Gravy
Carrots
Sweet Potatoes
Green Beans
Peaches
Pears
Banana

cereals

Infant Rice Cereal

second foods

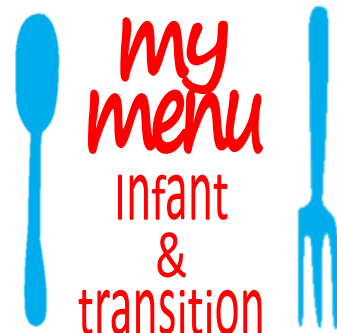
Chicken & Rice
Mac & Cheese
Sweet Potato & Turkey
Carrots
Sweet Potatoes
Green Peas
Green Beans
Applesauce
Peaches
Pears
Banana

third foods

Apple W/ Blueberries
Chicken & Dumpling
Garden Veg & Beef
Pear, Apple, Sweet
Potato Oatmeal



*Items in this box are for
patients older than 4 months*



Please place
meal orders
between 7 a.m.
and 6:30 p.m.

Call **MyDining** at 6-3400 from your
room or 832-826-3400 from your
mobile phone to place order

Toddler Transition foods

breakfast entrees

Buttermilk Pancakes
Classic French Toast
Scrambled Eggs
Hard Boiled Egg



hot cereal

Oatmeal
Grits
Cream of Wheat

cold cereal

Rice Krispies
Cheerios
Honey Nut Cheerios

sides

Tater Tots
White Toast
Wheat Toast
Flour Tortilla
Corn Tortilla
Blueberry Muffin

yogurt

Peach *regular or fat free*
Raspberry
Strawberry
Banana
Low Fat Vanilla
Lite Strawberry
Fat Free Greek

fruit

Banana
Strawberries
Applesauce
Fruit Cocktail
Peaches
Pears

lunch & dinner entrees

Beef or Chicken Tacos *corn or flour*
Turkey Patty
Cheese or Chicken Quesadilla
corn or flour
Lightly Seasoned Fish
Meatloaf

½ Cheese Pizza
Turkey Deli Meat
Ham
Roast Beef
Tuna Salad
Assorted Cheese

build your own pasta

Pasta: Penne or Spaghetti
Sauce: Tomato, Meat,
Alfredo or Butter

sides

Assorted Veggies
Goldfish
Tater Tots
Mashed Potatoes
Mac & Cheese
Penne Pasta
Tomato Soup
Chicken Noodle Soup
Vegetable Soups
Broth *chicken, beef or vegetable*

desserts

Assorted Fruit
Pound Cake w/ Sauces
Vanilla Wafers
Animal Crackers
Graham Crackers
Pudding
Milkshake
Ice Cream
Puffs
Arrow Root Cookies

*Items in this
box are
"transition to table"
foods, allowed for
patients over 10 months*

