



# Finger Foods Guidelines



## Meal Plans

Pureed								
BREAKFAST		Portion	LUNCH		Portion	DINNER		Portion
Juice		½ C	Cream Of Potato & Vegetable Soup In Mug		6 Oz.	Cream Of Vegetable & Starch Soup In Mug		6 Oz.
Hot Cereal In Mug		6 Oz.	Pureed Meat Thickened And Cut In Strips Or Cubes		3 Oz.	Pureed Meat Mixed With Dressing And Spread On Soft, Crustless Bread And Cut In Quarters		2 Oz. 2 Slices
Pureed Egg With Dressing Spread On Soft, Crustless Bread W/Margarine		1 2 Slices	Gravy Cup		2 Oz.	Pudding in Graham-Cracker Sandwich Or In Ice Cream Cones		½ Cup
<b>OR</b> An Alternate Protein* Spread On Pancakes, Buttered & Rolled		1	Pureed Fruit Thickened And Cut In Cubes		½ Cup	<b>OR</b> Pureed Casserole Thickened And Cut In Cubes		¾ Cup
Syrup Cup		2 Oz.	Pureed Meat Mixed With Dressing And Spread On Soft, Crustless Bread, And Cut In Quarters		2 Slices	<b>OR</b> Spread As Sandwich Filling On Crustless Bread		2 Slices
Milk		1 Cup	Fruit Juice <b>OR</b> Fruit Juice Popsicle		½ Cup/1	Ice Cream Bar <b>OR</b> Ice Cream On A Stick		1 Each
			Milk		½ Cup	Milk		½ Cup

Mechanical Soft								
BREAKFAST		Portion	LUNCH		Portion	DINNER		Portion
Juice		½ Cup	Meat Cut In Strips Or Cubes		3 Oz.	Creamed Vegetable & Starch Soup In Mug		6 Oz.
Dry Cereal <b>OR</b> Cereal Treats		¾ C/1	Potato Wedges Or Fried Potatoes		½ Cup	Ground Or Chopped Meat Mixed With Dressing Spread On		2 Oz.
<b>OR</b> Hot Cereal In Mug		6 Oz.	Drained Cooked Vegetable Chunks, Pieces Or Strips		½ Cup	Bread (Quartered), Roll (Halved) Or Tortilla (Rolled)		1 to 2
HC Egg Quarters		1	Bread		1 Slice	Potato Wedges Baked, Boiled, Or Fried		1 to 2
Toast, Margarine, Jelly		1 Each	Soft Fruit, Drained Can, Or Fresh Cut In Chunks, Pieces Or Strips		½ Cup	Drained Cooked Vegetable Chunks, Pieces Or Strips		½ Cup
<b>OR</b> Alternate Protein* On Pancakes, Buttered & Rolled		2	<b>OR</b> Ground Or Diced Filling Spread On Bread (Quartered), Roll (Halved) Or Tortillas (Rolled)		3 Oz. 2 Each	Pudding-Filled Graham Crackers Sandwich		1
<b>OR</b> Alt. Protein* On Waffles, Buttered & Cut In Strips		2	Fruit Juice <b>OR</b> Fruit Juice Popsicle		½ Cup/1	<b>OR</b> Casserole Spread On Or Toast Or Wrapped In Tortilla		½ Cup 1
French Toast, Buttered & Cut In Strips		2	Milk		½ Cup	Bread With Margarine		1 Slice
Syrup Cup		2 Oz.				Raw Or Steamed Vegetables Cut In Chunks, Strips Or Pieces		½ Cup
Milk		1 Cup				Salad Dressing		2 Oz.
						Ice Cream Bar <b>OR</b> Ice Cream On A Stick		1
						Milk		½ Cup

\* Alternate protein could be cottage cheese or other white fresh cheese (not cream cheese), or yogurt, or peanut butter softened with syrup or jelly.

Adapted with permission of Digna Cassens, MHA, RD  
Review Date 11/07 G-0517

## Sample Menu

Regular Menu	Finger Food Menu	
	Soft Foods	Pureed Foods
<p><b>BREAKFAST</b></p> <p>Juice Hot Cereal Hard Poached Egg Sausage Toast, Margarine, Jelly Milk Coffee</p>	<p><b>BREAKFAST</b></p> <p>Juice or Popsicle Dry Cereal or Cereal Bar or Hot Cereal in Mug Hard Cooked Egg Wedges Sausage Link Toast, Margarine Milk Coffee</p>	<p><b>BREAKFAST</b></p> <p>Juice Hot Cereal in Mug Pureed Egg Wedges Pureed Sausage Cubes Bread, Margarine (as tolerated) Milk Coffee</p>
<p><b>LUNCH</b></p> <p>Roast Beef Gravy Mashed Potatoes Carrots Roll, Margarine Apple Pie Milk</p>	<p><b>LUNCH</b></p> <p>Roast Beef Strips Gravy cup for dunking Potato Wedges Cooked Carrot Sticks Roll, Margarine Apple Turnover or Bar or Apple Slices (as tolerated) Milk</p>	<p><b>LUNCH</b></p> <p>Pureed Roast Beef Strips Gravy cup for dunking Mashed Potato &amp; Pureed Carrots Smoothie in Mug Bread, Margarine (as tolerated) Applesauce Pudding in Cone (as tolerated) Milk</p>
<p><b>DINNER</b></p> <p>Macaroni &amp; Cheese Stewed Tomatoes Green Salad w/ Dressing Cornbread, Margarine Chilled Pears Milk</p>	<p><b>DINNER</b></p> <p>Macaroni &amp; Cheese Roll Up or Cheese &amp; Crackers or Grilled Cheese Sandwich Chopped Drained Tomatoes on Toast or Tomato Juice Lettuce, Cucumber, Steamed Celery Sticks or Chunks Dressing cup for dunking Cornbread, Margarine Drained Pear Wedges Milk</p>	<p><b>DINNER</b></p> <p>Pureed Macaroni &amp; Cheese Sandwich Quarters or Cheese Strata Thickened Pureed Stewed Tomato Cubes Thickened Pureed Green Salad Cubes Cornbread, Margarine (as tolerated) Pureed Pear Pudding in Cone (as tolerated) Milk</p>

### Instructions

- Regular finger foods should be soft to avoid choking. Sandwich fillings may be sliced thin, ground or chopped fine and mixed with gravy or dressings such as mayonnaise, ketchup or yogurt to ease swallowing.
- No hot dogs unless ground; all meat cubes cut to less than ½ inch size; no bones.
- Roll-ups may be prepared with soft tortillas, pita bread.
- All peanut butter must be softened to ease swallowing by mixing with pureed fruits such as applesauce, honey, mayonnaise, margarine and milk or cream.
- Pureed finger foods should be served as a sandwich, in mug or cup, or in waffle-type ice cream cones as tolerated. Sandwich bread must have crust removed and be soft and moist. **Do not slurry bread for finger foods** as it will fall apart.
- To thicken pureed fruits and salads, drain well and use **thickener**, bread crumbs, cottage cheese, yogurt or mayonnaise. **Do not use gelatin to thicken salads and fruits for dysphagia residents without express approval from Speech Therapist.**
- **Bread and ice cream cone for pureed diets may only be given if resident tolerates without choking.** Otherwise, serve all pureed foods as a thin puree in mugs and cups. If serving thin pureed foods, follow fortification recipes.
- See Finger Food Ideas and Sample Meal Plans for additional information.

## Finger Foods Ideas

### Pureed

Pureed				
<p><b>BREADS AND CEREALS</b></p> <p>Cooked cereal in mug Soft bread without crust, spread with appropriate fillings, cut into bars or squares. Bread pudding, firm &amp; cut into small cubes or bars. Tortillas as tolerated.</p>	<p><b>MEATS</b></p> <p>Pureed meat filling spread on soft bread w/o crust. Creamed pureed meat in mug.</p> <p><b>All meats:</b> Gravy, sauce, dressings or broth in cup for dunking</p>	<p><b>VEGETABLES</b></p> <p>Creamed pureed vegetables in mug. Vegetable juice in mug or tumbler. Thickened pureed vegetables cut in cubes or strips.</p>	<p><b>FRUITS</b></p> <p>Fruit smoothies in mug or tumbler. Fruit juice. Frozen juice popsicles. Thickened canned or fresh pureed fruit cut in cubes or strips. Drained canned or fresh pureed fruit spread on graham crackers.</p>	<p><b>DESSERTS</b></p> <p>Soft, plain cookies and cakes as tolerated. Soft, plain fruit cereal bars as tolerated. Graham crackers filled with pureed fruits or puddings. Ice cream sandwich, ice cream on a stick (Eskimo bars) Popsicles Puddings, pureed fruits in waffle type ice cream cone.</p>

### Regular, Soft & Mechanical Soft

Regular, Soft & Mechanical Soft				
<p><b>BREADS AND CEREALS</b></p> <p>Cooked cereal in mug Large size dry cereal (shredded mini-wheat, "O" shapes, honey flavored, French toast flavored) Cereal bars, pop tarts Donuts, Danish, coffee cake, muffins Pancakes buttered and rolled w/syrup in cup for dunking. French toast or waffles cut in strips w/syrup in cup for dunking. Toast, rolls, biscuits Crackers &amp; cookies Bread pudding, firm &amp; cut into small cubes or bars. Tortillas</p>	<p><b>MEATS</b></p> <p>Thinly sliced or cubed tender meats, or pre-formed ground or extruded meat patty products. Sausage patties or links. Hot dogs sliced lengthwise four ways. Hard cooked eggs in quarters or deviled egg halves. Gravy on the side for dunking.</p> <p><b>For sandwich fillings:</b> Thinly sliced meats Ground fillings mixed with dressing or gravy Pate or spread type fillings.</p> <p><b>All meats:</b> Gravy, sauce, dressings or broth in cup for dunking</p>	<p><b>VEGETABLES</b></p> <p>Cooked or soft vegetables either whole, in chunks, strips or quarters. Creamed and pureed vegetables in mug (soup) Salad ingredients chopped fine and gelled, cut into cubes Vegetable juices Raw vegetable sticks if tolerated.</p>	<p><b>FRUITS</b></p> <p>Drained, canned fruits, whole, diced or sliced. Cooked or soft fresh fruits either whole, in chunks, strips or quarters. Fruit smoothies in mug Fruit juice Fruit juice popsicles Pureed fruits spread on graham crackers or in waffle type ice cream cone</p>	<p><b>DESSERTS</b></p> <p>Plain cookies and cakes Fruit and cereal bars Graham crackers filled with pureed fruits or puddings. Ice cream sandwich, ice cream on a stick (Eskimo bars) Popsicles Puddings, pureed fruits in waffle type ice cream cone.</p>