

Sample Minced Menu Plan

Below is a 1–day Minced menu that has been adapted from the [Example of a Completed Regular Menu Plan](#) in Section 2.5 of this toolkit. Changes made to the Regular menu to fit the Minced diet are shown in bold. If a Minced diet is ordered along with additional texture modification, such as Thick Fluids, No Mixed Consistencies, and/or Pureed Bread Products, more foods will need to be avoided or altered, as shown below. A ✓ indicates no change from the **Minced** menu item.

Meal	Regular Menu Item	Minced Menu Item	Minced with No Mixed Consistencies	Minced with Thick Fluids	Minced with Pureed Bread Products	Portion Size	Canada's food guide
Breakfast	Coffee/tea and water	Coffee/tea and water	✓	Thicken	✓	1 cup/ 250 mL	Beverages
	100% apple juice	100% apple juice	✓	Thicken	✓	½ cup/ 125 mL	Vegetables and Fruits
	Bran cereal with raisins	Oatmeal	✓	✓	✓	¾ cup/ 175 mL	Grain Products
	Whole grain toast	Buttered whole grain toast	✓	✓	Slurried French toast (see section 5.3.7 of the toolkit, for a recipe on how to make a slurry)	2 slices (1 oz/ 35 g each)	Grain Products
	Banana	Peanut Butter Smoothie including: Banana Milk/fortified soy beverage Smooth peanut butter	✓ (must be smooth)	Thicken (Note: smoothies should not contain any ice, ice cream or sherbet and must be smooth).	✓	1 medium	Vegetables and Fruits
	Milk/fortified soy beverage					1 cup/ 250 mL	Protein Foods (Milk & Alternatives)
	Peanut butter					1 package (1 Tbsp/ 15 mL)	Protein Foods (Meat & Alternatives)

Sample Minced Menu Plan (Continued)

Meal	Regular Menu Item	Minced Menu Item	Minced with No Mixed Consistencies	Minced with Thick Fluids	Minced with Pureed Bread Products	Portion Size	Canada's food guide
Lunch	Water and coffee/tea	Water and coffee/tea	✓	Thicken	✓	1 cup/ 250 mL	Beverages
	Beef barley soup	Blended beef barley soup	Blend	Blend and thicken	✓	1 cup/ 250 mL	Grain Products
	Crackers, soda	Crackers, soda (softened in soup)	Remove	Remove	Remove	1 package (2 crackers)	Grain Products
	Turkey sandwich wrap on whole grain whole wheat pita bread, with romaine lettuce and tomato slices	Turkey salad sandwich on Whole grain whole wheat bread (no lettuce or tomato slices)	✓	✓	Pureed bread with turkey salad OR mashed potatoes with soft diced turkey	1 whole (includes 2-3 oz/ 60-90 g lean turkey breast)	Protein Foods (Meat & Alternatives)
						2 slices bread (1 oz/ 35 g each)	Grain Products
	Carrot sticks	Minced cooked carrots	✓	✓	✓	½ cup/ 125 mL	Vegetables and Fruits
	Tossed salad	Pureed green peas	✓	✓	✓	½ cup/ 125 mL	Vegetables and Fruits
	Milk/fortified soy beverage	Milk/fortified soy beverage	✓	Thicken	✓	1 cup/ 250 mL	Protein Foods (Milk & Alternatives)
Grapes	Minced kiwi	Drain excess liquid before and after mincing	Drain excess liquid before and after mincing	✓	½ cup/ 125 mL	Vegetables and Fruits	

Sample Minced Menu Plan (Continued)

Meal	Regular Menu Item	Minced Menu Item	Minced with No Mixed Consistencies	Minced with Thick Fluids	Minced with Pureed Bread Products	Portion Size	Canada's food guide
Afternoon Snack	Water and coffee/tea	Water and coffee/tea	✓	Thicken	✓	1 cup/ 250 mL	Beverages
	Orange	Minced canned mandarin oranges	Remove and replace with fruit sauce (like apple)	Remove and replace with fruit sauce (like apple)	✓	½ cup/ 125 mL	Vegetables and Fruits
	Oatmeal Cookie	Oatmeal cookie, soft baked	✓	✓	Replace with blended bread pudding (½ cup/ 125mL)	2 small cookies (1–1 ½ oz / 30-38 g total)	Grain Products
Supper	Water and coffee/tea	Water and coffee/tea	✓	Thicken	✓	1 cup/ 250 mL	Beverages
	Meatloaf	Minced meatloaf topped with 2 Tbsp/ 30 mL gravy	Serve gravy on food, not on side	Serve gravy on food, not on side	✓	1 slice (2 x 4 x ½ inch or 5 x 10 x 1 ½ cm)	Protein Foods (Meat & Alternatives)
	Baked potato	Minced potato salad	✓	✓	✓	½ cup/ 125 mL	Vegetables and Fruits
	Green beans	Minced green beans	✓	✓	✓	½ cup/ 125 mL	Vegetables and Fruits
	Whole grain tray bun	Whole grain tray bun (soft) with margarine	✓	✓	Puree tray bun	1 bun (1 oz/ 35 g)	Grain Products
	Milk/fortified soy beverage	Milk/fortified soy beverage	✓	Thicken	✓	1 cup/ 250 mL	Protein Foods (Milk & Alternatives)

Sample Minced Menu Plan (Continued)

Meal	Regular Menu Item	Minced Menu Item	Minced with No Mixed Consistencies	Minced with Thick Fluids	Minced with Pureed Bread Products	Portion Size	Canada's food guide
	Baked apple with cinnamon	Minced baked apple with cinnamon	✓	✓	✓	1 medium	Vegetables and Fruits
	Vanilla pudding	✓	✓(smooth)	✓(smooth)	✓	½ cup/ 125 mL	Desserts
Evening Snack	Water and coffee/tea	Water and coffee/tea	✓	Thicken	✓	1 cup/ 250 mL	Beverages
	Salmon salad sandwich on whole wheat bread	Salmon salad sandwich on whole wheat bread	✓	✓	Salmon salad with biscuit slurry	1-1 ½ oz/ 30-45 g salmon 1 slice bread (1 oz/ 35 g)	Protein Foods (Meat & Alternatives) Grain Products

If a Minced diet is ordered along with additional texture modifications, more foods will need to be avoided or altered. For more details on foods allowed for these diet modifications, see the corresponding allowed/ not allowed:

If 'No Mixed Consistencies' is ordered

- Do not add crackers to soup.
- See Section 5.3.7 on [No Mixed Consistencies](#) for more information.

If 'Thick Fluids' is ordered

- Follow the changes for 'No Mixed Consistencies'.
- Provide water, juice, milk, hot beverages, and soup thickened to the ordered consistency - Mildly Thick (Nectar), Moderately Thick (Honey), or Extremely Thick (Pudding).
- Replace desserts that can melt into thin fluids (ice cream, sherbet, popsicles, or gelatin desserts) with desserts that do not melt (pudding, custard, fruit sauce).
- Serve gravies/sauces on the food, not on the side. As long as they do not pool on the plate, these do not need to be thickened.

- Smoothies or milkshakes can be offered if thickened to the appropriate consistency. Ice, ice cream, or sherbet should not be used, as these ingredients will melt, causing the smoothie or milkshake to change consistency after serving.
- See section 5.3.8 on [Thick Fluids](#) for more information.

If 'Pureed Bread Products' are ordered

- Remove all regular texture bread products. Replace with pureed bread products or allowed grains.
- See Section 5.3.6 on [Pureed Bread Products](#) for more information.