



EverTrust Family
Care Home, LLC

Care You Can Trust. Guidance You Can Count On.

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Special Diet Resident Menu Calendar — May 2026

Date	Breakfast	Lunch	Dinner	Snack	Drinks
Friday 1	Eggs, soft toast, fruit	Baked tilapia, rice, soft spinach	Soup (pureed available), crackers	Yogurt	Water, tea
Saturday 2	Soft french toast, fruit	Chicken pasta (soft), vegetables	Grilled cheese, tomato soup	Banana	Water, milk
Sunday 3	Oatmeal, fruit puree, milk	Roast chicken (soft), potatoes, carrots	Soft sandwich	Fruit cup	Water, tea
Monday 4	Diabetic oatmeal, soft banana, milk	Low sodium baked chicken, soft brown rice, carrots	Soft turkey sandwich, low sodium soup	Sugar free yogurt	Water, milk, unsweet tea
Tuesday 5	Scrambled eggs, soft toast, fruit	Baked fish, mashed potatoes, soft vegetables	Chicken salad (low sodium)	Applesauce	Water, milk
Wednesday 6	Soft pancakes, fruit puree, milk	Ground turkey, soft rice, broccoli	Vegetable soup (pureed option available)	Sugar free pudding	Water, tea
Thursday 7	Oatmeal, soft berries, milk	Chicken stew (soft texture), potatoes	Tuna (low sodium), soft bread	Fruit cup	Water, milk
Friday 8	Eggs, soft toast, fruit	Baked tilapia, rice, soft spinach	Soup (pureed available), crackers	Yogurt	Water, tea
Saturday 9	Soft french toast, fruit	Chicken pasta (soft), vegetables	Grilled cheese, tomato soup	Banana	Water, milk
Sunday 10	Oatmeal, fruit puree, milk	Roast chicken (soft), potatoes, carrots	Soft sandwich	Fruit cup	Water, tea
Monday 11	Diabetic oatmeal, soft banana, milk	Low sodium baked chicken, soft brown rice, carrots	Soft turkey sandwich, low sodium soup	Sugar free yogurt	Water, milk, unsweet tea
Tuesday 12	Scrambled eggs, soft toast, fruit	Baked fish, mashed potatoes, soft vegetables	Chicken salad (low sodium)	Applesauce	Water, milk
Wednesday 13	Soft pancakes, fruit puree, milk	Ground turkey, soft rice, broccoli	Vegetable soup (pureed option available)	Sugar free pudding	Water, tea
Thursday 14	Oatmeal, soft berries, milk	Chicken stew (soft texture), potatoes	Tuna (low sodium), soft bread	Fruit cup	Water, milk

Friday 15	Eggs, soft toast, fruit	Baked tilapia, rice, soft spinach	Soup (pureed available), crackers	Yogurt	Water, tea
Saturday 16	Soft french toast, fruit	Chicken pasta (soft), vegetables	Grilled cheese, tomato soup	Banana	Water, milk
Sunday 17	Oatmeal, fruit puree, milk	Roast chicken (soft), potatoes, carrots	Soft sandwich	Fruit cup	Water, tea
Monday 18	Diabetic oatmeal, soft banana, milk	Low sodium baked chicken, soft brown rice, carrots	Soft turkey sandwich, low sodium soup	Sugar free yogurt	Water, milk, unsweet tea
Tuesday 19	Scrambled eggs, soft toast, fruit	Baked fish, mashed potatoes, soft vegetables	Chicken salad (low sodium)	Applesauce	Water, milk
Wednesday 20	Soft pancakes, fruit puree, milk	Ground turkey, soft rice, broccoli	Vegetable soup (pureed option available)	Sugar free pudding	Water, tea
Thursday 21	Oatmeal, soft berries, milk	Chicken stew (soft texture), potatoes	Tuna (low sodium), soft bread	Fruit cup	Water, milk
Friday 22	Eggs, soft toast, fruit	Baked tilapia, rice, soft spinach	Soup (pureed available), crackers	Yogurt	Water, tea
Saturday 23	Soft french toast, fruit	Chicken pasta (soft), vegetables	Grilled cheese, tomato soup	Banana	Water, milk
Sunday 24	Oatmeal, fruit puree, milk	Roast chicken (soft), potatoes, carrots	Soft sandwich	Fruit cup	Water, tea
Monday 25	Diabetic oatmeal, soft banana, milk	Low sodium baked chicken, soft brown rice, carrots	Soft turkey sandwich, low sodium soup	Sugar free yogurt	Water, milk, unsweet tea
Tuesday 26	Scrambled eggs, soft toast, fruit	Baked fish, mashed potatoes, soft vegetables	Chicken salad (low sodium)	Applesauce	Water, milk
Wednesday 27	Soft pancakes, fruit puree, milk	Ground turkey, soft rice, broccoli	Vegetable soup (pureed option available)	Sugar free pudding	Water, tea
Thursday 28	Oatmeal, soft berries, milk	Chicken stew (soft texture), potatoes	Tuna (low sodium), soft bread	Fruit cup	Water, milk
Friday 29	Eggs, soft toast, fruit	Baked tilapia, rice, soft spinach	Soup (pureed available), crackers	Yogurt	Water, tea
Saturday 30	Soft french toast, fruit	Chicken pasta (soft), vegetables	Grilled cheese, tomato soup	Banana	Water, milk
Sunday 31	Oatmeal, fruit puree, milk	Roast chicken (soft), potatoes, carrots	Soft sandwich	Fruit cup	Water, tea

Our Commitment to Special Dietary Care

At EverTrust Family Care Home, LLC, we proudly accommodate all medical and dietary needs.

Our menu includes diabetic-friendly meals, low sodium options, soft food diets, and pureed meals when required.

Every meal is prepared with fresh ingredients to support heart health, nutrition, and overall well-being.

Hydration is encouraged throughout the day with water, milk, and unsweetened beverages available.

Our goal is to provide safe, loving, and personalized nutrition for every resident in our care.