

cafe minced™

Single Serve, Minced and Moist.

Introducing Café Minced & Moist Menu

We are proud to introduce our Café Minced line of frozen dysphagia products. Café Minced simplifies the modified texture diet, offering heat-and-serve options for your Level 5 minced and moist patients. The Café Minced menu includes options for breakfast, main dishes, and sides, allowing for a variety of meal combinations. It can also be easily utilized for your Level 6 soft and bite-sized patients to enhance your menu offerings. **And, as always, our products are free from fillers and MSG.**

Breakfast

Scrambled Egg 24 - 3 ounce servings

Bacon 24 - 3 ounce servings

Apple French Toast 24 - 3 ounce servings

Blueberry Muffin 24 - 3 ounce servings

Meats

Roasted Turkey 24 - 3 ounce servings

Country Style Pork 24 - 3 ounce servings

Savory Roast Beef 24 - 3 ounce servings

Southern Style Chicken 24 - 3 ounce servings

Vegetables

Glazed Carrots 24 - 3.2 ounce servings

Country Style Green Beans 24 - 3.2 ounce servings

Garden Broccoli 24 - 3.2 ounce servings



Scrambled Egg



Southern Style Chicken



Glazed Carrots

Preparation Instructions

Microwave (from frozen): Using a 1,400 watt microwave, place portion inside microwave oven, film side up. Do not remove or puncture film. Cook on MEDIUM POWER SETTING until a minimum internal temperature of 165°F is reached. DO NOT OVERCOOK. After cooking and allowing to slightly cool, remove film completely from tray, stir product in tray, remove with utensil and plate.

If preparing 3 portions: (from frozen) Cook on HIGH POWER SETTING until an internal temperature of 165°F is reached.

Steamer / Convection Oven / Conventional Oven (from frozen): Place portion, film side up, in steamer pan, on baking pan or tray. Do not remove or puncture film. Bake in preheated oven until an internal temperature of 165°F is reached. DO NOT OVERCOOK. After cooking and allowing to slightly cool, remove film completely from tray, stir product in tray, remove with utensil and plate.

From Thawed: Cook until an internal temperature of 165°F is reached.

Please note: Keep portion at least 6" away from heating element when using a conventional oven.

Stove Top (from frozen or thawed): Fill 1 inch of water into a flat pan or cooking vessel. Turn stove on medium heat and wait until water begins to simmer. Place portion film side up into the water. Do not remove or puncture film. Water should not cover top of portion. Cover cooking vessel with lid or foil. Simmer until an internal temperature of 165°F is reached. DO NOT OVERCOOK. After cooking and allowing to slightly cool, remove film completely from tray, stir product in tray, remove with utensil and plate.

Holding on Steam Table: Place cooked product in pan with film intact and add between 3 fl oz to 4 fl oz of water to help retain moist environment. Keep covered with foil or pan lid between serving. After cooking to minimum internal temperature of 165°F, product can be held on steam table at minimum internal temperature of 140°F for up to 1.5 hours. *This is for holding purposes only.

Retherm: For quality and food safety purposes, products must be cooked to an internal temperature of at least 165°F prior to unmolding, plating and placing in retherm.

Please follow your retherm manufacturers' handling guidelines for optimal product performance.

Nutritional Information

Item Number	Description	Portion grams	Calories	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Total Sugars	Added Sugars	Protein	Vit D	Iron	Phosphorous	Calcium	Potassium
MM5 MEATS																		
40002	3oz Roasted Turkey	85g	120	3.5g	0.5g	0g	40mg	240mg	1g	0g	0g	0g	21g	0.1mcg	0.6mg	130mg	20mg	270mg
40003	3oz Country Style Pork	85g	120	3g	1g	0g	40mg	240mg	2g	0g	0g	0g	21g	0.1mcg	0.7mg	140mg	10mg	230mg
40006	3oz Roast Beef	85g	160	7g	2.5g	0g	45mg	220mg	2g	0g	0g	0g	21g	0.3mcg	1.6mg	130mg	10mg	280mg
40007	3oz Southern Style Chicken	85g	110	2.5g	0.5g	0g	50mg	210mg	2g	0g	0g	0g	21g	0mcg	0.3mg	140mg	10mg	230mg
MM5 VEGETABLES																		
40022	3.2oz Glazed Carrots	90g	90	4.5g	0.5g	0g	0mg	300mg	13g	2g	8g	4g	1g	0mcg	0.2mg	30mg	30mg	230mg
40023	3.2oz Country Style Green Beans	90g	80	5g	1g	0g	0mg	310mg	9g	2g	4g	1g	2g	0mcg	1mg	30mg	32mg	166mg
40024	3.2oz Garden Broccoli	90g	60	3.5g	0.5g	0g	0mg	270mg	7g	2g	2g	0g	2g	0mcg	0.2mg	10mg	30mg	180mg
MM5 BREAKFAST																		
40092	3oz Scrambled Egg	85g	140	9g	2.5g	0g	250mg	230mg	3g	0g	0g	0g	12g	1.4mcg	1mg	140mg	30mg	110mg
40094	3oz Bacon	85g	220	15g	5g	0g	40mg	490mg	1g	0g	0g	0g	20g	0mcg	1.3mg	0mg	10mg	200mg
40095	3oz Apple French Toast	85g	130	1.5g	0g	0g	5mg	120mg	22g	1g	15g	10g	7g	0mcg	0.2mg	20mg	30mg	100mg
40102	3oz Blueberry Muffin	85g	140	2g	0.5g	0g	5mg	125mg	22g	1g	15g	10g	8g	0mcg	0.1mg	20mg	30mg	70mg

Aligns with IDDSI Level **5 MINCED & MOIST**

Also suitable for Level **6 SOFT & BITE-SIZED** and Level **7 EASY TO CHEW**

5 MINCED & MOIST Meets IDDSI Level 5 and NDD Mechanical Soft, Ground Consistency.

Also appropriate for Mechanical Soft, Chopped Diets.

Medtrition is a global supplier of medical food products that effectively address the most challenging conditions you and your patients deal with on a daily basis.