

Easy to Chew Diet

Kitchen x72650

MedStar Franklin Square Medical Center

Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Easy to Chew (EC7) Menu for MedStar Franklin Square Medical Center.

You Doctor has prescribed this diet for your health. Registered Dietitians worked in partnership with our culinary team to create chef-inspired meals to deliver nutrition that heals.

How to Place Your Order

We encourage you to try one of our [featured chef entrees](#). A host/hostess will make contact with you throughout the day to take your order.

Using This Menu

This menu was designed to show you the items available on the cardiac diet. You can scroll through to review all of the items available. The blue links at the bottom of the page will allow you to skip around to different sections. Please note the Featured Chef Entrée link below.

[Featured Chef Entrée](#)

Abbreviation Key

Low Sodium LS No Sugar Added NSA

Low Fat LF Sugar Free SF



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Breakfast

Hot & Cold Cereals

Cream of Wheat®

Oatmeal

Grits

Entrees

Cage-Free Eggs: (*Scrambled · Cholesterol-Free*)

French Toast

Pancakes

Sides

Home Fried Potatoes

Breakfast Sausage (*Turkey · Pork*)

Whole Grain Blueberry Muffin

Greek Yogurt (*Blueberry · Strawberry · Vanilla*)

Whole Fruit

Banana

Chilled Fruit

Applesauce

Diced Peaches

Diced Pears



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Grill/Deli

For the daily featured chef entree specials,
please click [HERE](#)

Hot Entrees & Grill

Herb Baked Chicken Breast

Salisbury Steak

Citrus Herb Tilapia

Burgers: *(All-Beef Burger · Veggie)*

Deli Sandwiches

Turkey

Chicken Salad

Tuna Salad

Egg Salad



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Soups, Side Salads & Sides

Soups

Chicken Noodle

Vegetable

Tomato Basil

Beef Broth

Chicken Broth

Vegetable Broth

Vegetables

Green Beans

Baby Carrots

Broccoli

Starches

Penne Pasta

Macaroni & Cheese

Steamed Rice

Dinner Roll



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Desserts

Cookies and Bakery

Chocolate Brownie

Angel Food Cake

Pound Cake

Sugar Cookie

Chocolate Chip Cookie

Frozen

Ice Cream (*Vanilla · Chocolate · Strawberry*)

Fruit Ice (*Lemon · Cherry*)

Pudding

Vanilla (*Reg · NSA*)

Chocolate (*Reg · NSA*)

Gelatin

Cherry (*Reg · SF*)

Strawberry (*Reg · SF*)

Orange (*Reg · SF*)

Whole Fruit

Banana

Chilled Fruit

Applesauce

Diced Peaches

Diced Pears



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Beverages

Juice

Apple
Cranberry
Grape
Orange
Prune

Milk

1%
Fat Free
Whole
Low Fat
Chocolate
Lactose Free
Soy

Hot

Coffee (*Regular · Decaf*)
Tea (*Regular · Decaf*)
Hot Chocolate (Regular · SF)

Cold

Iced Tea
Lemonade (*Reg or SF*)
Gingerale (*Reg or Diet*)
Lemon Lime Soda (*Reg or Diet*)
Cola Soda (*Reg or Diet*)



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Featured Chef Entrée

We are pleased to provide you with a variety of Chef Specials throughout the week. Please note, these items are only available on the specified meal and day listed. Please click one of the day links below or scroll down to see the Specials.

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[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

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Monday Specials

Breakfast

**Scrambled Eggs, Oatmeal, Turkey Sausage
& Home Fried Potatoes**

Served with Applesauce

Lunch

Roasted Turkey Breast

*Carved Boneless Turkey Breast, Mashed
Potatoes, Poultry Gravy & Green Beans*

Served with Diced Pears

Dinner

Chicken Alfredo

*Rotini Pasta Tossed with Chicken and a
Rich Alfredo Sauce. Served with Green*

Beans & a Sugar Cookie



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Tuesday Specials

Breakfast

Buttermilk Pancakes, Cream of Wheat® & Turkey Sausage

Served with a Banana

Lunch

BBQ Chicken

Grilled BBQ Chicken Breast, White Rice & Steamed Broccoli. Served with Applesauce

Dinner

Chicken Pot Pie

*Chicken and Vegetables in a Light Gravy.
Served with a California Vegetables,
Mashed Potatoes & Pound Cake*



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Wednesday Specials

Breakfast

**Scrambled Eggs w/ Veggies, Oatmeal &
Home Fried Potatoes**

Served with Diced Pears

Lunch

**Penne Pasta with a Classic Tomato Meat
Sauce**

*Served with Green Beans and Diced
Peaches*

Dinner

Beef Pot Roast

*Slow Roasted Beef Top Round, Herb Roast-
ed Potatoes, Gravy & Baby Carrots. Served
with Applesauce*



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Thursday Specials

Breakfast

French Toast & Cream of Wheat®

Served with a Banana

Lunch

Herb Baked Chicken Breast

*Herb Baked Chicken Breast served with
Cauliflower, Mashed Sweet Potato & Vanilla
Pudding*

Dinner

Balsamic Herb-Roasted Turkey

*Carved Balsamic Marinated Turkey Breast,
Mashed Potatoes, Green Beans, & Diced
Pears*



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Friday Specials

Breakfast

**Scrambled Eggs, Oatmeal & Turkey
Sausage Links**

Served with Diced Pears.

Lunch

Citrus Herb Tilapia

*Tilapia Marinated in a Blend of Orange,
Lemon Juice, and Herbs. Served with Oven
Roasted Potatoes, Steamed Broccoli, &
Applesauce*

Dinner

Herb Baked Chicken Breast

*Herb Baked Chicken Breast served with
Penne Pasta, Steamed Broccoli, & a
Chocolate Chip Cookie*



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Saturday Specials

Breakfast

French Toast, Cream of Wheat®, Pork Sausage Patty & Home Fried Potatoes

Served with a Banana

Lunch

Herb Baked Chicken Breast

Herb Baked Chicken Breast served with Steamed White Rice, Carrots & Sponge Cake

Dinner

Farmers Meatloaf

Traditional Meatloaf with Gravy, Mashed Potatoes, & Green Beans. Served with Diced Peaches



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Sunday Specials

Breakfast

Buttermilk Pancakes, Oatmeal, & Turkey Sausage Links

Served with Diced Pears

Lunch

Penne with Tomato Sauce

Al Dente Penne Pasta with House Made Tomato Sauce Served with Oven Roasted Zucchini & a Chocolate Brownie

Dinner

Basil Chicken Breast

Chicken Breast Marinated with Italian Spices. Served with Oven Roasted Potatoes, Roasted Vegetables, & Diced Pears



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