

# Easy to Chew Diet

667-416-2245

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 Easy to Chew 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



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Easy to Chew Diet

MedStar Franklin Square Medical Center

## Breakfast

### Hot & Cold Cereals

Cream of Wheat®

Oatmeal

Grits

### Entrees

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

French Toast

Pancakes

Scrambled Tofu

### Sides

Home Fried Potatoes

Breakfast Sausage (Turkey · Pork)

Whole Grain Blueberry Muffin

Greek Yogurt (Blueberry · Strawberry · Vanilla)

LF Cottage Cheese

### Whole Fruit

Banana

### Chilled Fruit

Applesauce

Diced Peaches

Diced Pears

Pineapple Tidbits



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Easy to Chew Diet

MedStar Franklin Square Medical Center

## Grill/Deli

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

## Hot Entrees & Grill

Herb Baked Chicken Breast  
Salisbury Steak  
Lemon Dill Cod  
Grilled Cheese Sandwich  
Burgers: (All-Beef Burger · Veggie)  
Cottage Cheese and Soft Fruit

## Deli Sandwiches

Turkey  
Chicken Salad  
Tuna Salad  
Egg Salad

# Easy to Chew Diet

Kitchen x72650

MedStar Franklin Square Medical Center

## 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

Mashed Potatoes

Macaroni & Cheese

Steamed Rice

Dinner Roll



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MedStar Franklin Square Medical Center

## 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  
Pineapple Tidbits

# Easy to Chew Diet

MedStar Franklin Square Medical Center

## 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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MedStar Franklin Square Medical Center

## 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.

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

[Saturday](#)

[Sunday](#)



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Easy to Chew Diet

MedStar Franklin Square Medical Center

## Monday Specials

### Breakfast

#### **Scrambled Eggs, Oatmeal & Home Fried Potatoes**

*Served with Applesauce*

### Lunch

#### **Grilled Chicken Breast**

*Served with Spanish White rice, Green Beans, and Diced Pears*

#### **Chicken Salad Cold Plate**

*Served with Tomato Florentine Soup, Green Beans and Diced Pears*

### Dinner

#### **Seafood Gumbo**

*Shrimp, Cod, Onions, Carrots and Celery simmered with Rice, Tomatoes and Tabasco.  
Served with Collard Greens, Corn Muffin and Diced Peaches.*

#### **Grilled Chicken Breast**

*Served with Collard Greens, Corn Muffin and Diced Peaches*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)



# Easy to Chew Diet

MedStar Franklin Square Medical Center

## Tuesday Specials

### Breakfast

#### **Buttermilk Pancakes, Cream of Wheat® & Pork Sausage Patty**

*Served with a Banana and Cinnamon Baked Apples*

### Lunch

#### **Braised Beef-Pot Roast Style**

*Slow Roasted Beef Top Round. Served with Mashed Potatoes, Beef Gravy, Peas & Carrots and Peach Cobbler.*

#### **Fruit (Soft) and Cottage Cheese Plate**

*Served with Tomato Basil Soup, Peas and Carrots, and Peach Cobbler.*

### Dinner

#### **Red Bean Étouffé**

*Red Beans in a rich and smoky Cajun Broth, loaded with Carrots, Tomatoes, Aromatic Garlic, and Peppers. Served with Cauliflower, Corn Muffin and Pineapple Tidbits.*

#### **Salisbury Steak**

*Served with Mashed Potatoes, Beef Gravy, Cauliflower, Corn Muffin and Pineapple Tidbits.*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Easy to Chew Diet

MedStar Franklin Square Medical Center

## Wednesday Specials

### Breakfast

#### **Scrambled Eggs, Oatmeal & Home Fried Potatoes**

*Served with Mandarin Oranges*

### Lunch

#### **Chicken Pot Pie**

*Crustless Chicken Pot Pie and Vegetables in a Light Gravy. Served with Green Peas and Diced Pears.*

#### **Egg Salad Cold Plate**

*Served with Chicken Noodle Soup, Green Peas and Diced Pears.*

### Dinner

#### **Beef Pot Roast**

*Slow Roasted Beef Top Round, Mashed Potatoes, Beef Gravy & Carrots. Served with Applesauce*

#### **Chicken Thigh Cacciatore**

*Chicken Thighs, Mushrooms and Peppers sauteed with Garlic, finished with Marinara Sauce. Served with Penne Pasta, Carrots and Applesauce.*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Easy to Chew Diet

Kitchen x72650

MedStar Franklin Square Medical Center

## Thursday Specials

### Breakfast

**Scrambled Eggs, Pork Sausage Patty and Cream of Wheat®**

*Served with a Banana*

### Lunch

#### **Rustic Penne Marinara**

*Classic Penne Pasta in a Rustic Herbed Marinara Sauce. Served with Broccoli Florets and Angel Food Cake.*

#### **Tuna Salad on Whole Wheat Bread**

*Served with Beef and Sweet Peppers Soup, Broccoli Florets and Angel Food Cake.*

### Dinner

#### **Maple Apple Roasted Turkey**

*Oven-Roasted Turkey brushed with Maple Apple Glaze. Served with Roasted Garlic Mashed Potatoes, Green Beans & Peppers and Tropical Fruit Cup.*

#### **Pasta Baked with Beef and Tomatoes**

*Elbow Macaroni baked with Ground Beef, Marinara and Onions. Served with Green Beans & Peppers and Tropical Fruit Cup.*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Easy to Chew Diet

MedStar Franklin Square Medical Center

## Friday Specials

### Breakfast

#### **Scrambled Eggs, Oatmeal & Pork Sausage Patty**

*Served with Diced Pears.*

### Lunch

#### **Citrus and Herb Crusted Salmon**

*Citrus Garlic Marinated Salmon Fillet  
roasted in a Crispy Citrus Herb Crust.*

*Served with Barley Rice Pilaf, Garlic  
Parmesan Brussels Sprouts and Oatmeal  
Raisin Cookie.*

#### **Chicken Salad Cold Plate**

*Served with Barley Rice Pilaf, Cauliflower  
and Mandarin Orange Slices.*

### Dinner

#### **Penne in Marinara Sauce**

*Served with Broccoli Florets, Pound Cake  
Slice and Diced Peaches.*

#### **Citrus Herb Pollock**

*Served with Broccoli Florets, Pound Cake  
Slice and Diced Peaches.*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)



# Easy to Chew Diet

MedStar Franklin Square Medical Center

## Saturday Specials

### Breakfast

#### **Scrambled Eggs, Home Fries and Cream of Wheat®**

*Served with a Banana*

### Lunch

#### **Herb Crusted Pork Loin**

*Pork Loin roasted with Honey, Mustard, and Herb Rub. Served with Parsley Egg Noodles, Roasted Zucchini and Angel Food Cake.*

#### **Tuna Salad Cold Plate**

*Served with Parsley Egg Noodles, Roasted Zucchini and Angel Food Cake.*

### Dinner

#### **Farmers Meatloaf**

*Traditional Meatloaf with Gravy, Mashed Potatoes, & Green Beans. Served with Vanilla Pudding.*

#### **Chicken Spinach Pasta Casserole**

*Penne Pasta with Chicken Breast, Tomato Sauce, Spinach, Basil, Oregano and Parmesan. Served with Green Beans and Vanilla Pudding.*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Easy to Chew Diet

MedStar Franklin Square Medical Center

## Sunday Specials

### Breakfast

#### **Apple Cinnamon Oatmeal, Scrambled Eggs, and Bacon**

*Served with Mandarin Oranges*

### Lunch

#### **BBQ Chicken Breast**

*Baked Chicken Marinated in Barbeque Sauce, Garlic and Oil. Served with Mashed Potatoes, Carrots, Coleslaw and a Tropical Fruit Cup.*

#### **Egg Salad Cold Plate**

*Served with Mashed Potatoes, Carrots, Coleslaw and Tropical Fruit Cup.*

### Dinner

#### **Beef Stroganoff**

*Braised Beef over Egg Noodles. Served with Egg Noodles, Carrots and Diced Peaches.*

#### **Cheese Ravioli**

*Ravioli stuffed with Ricotta and topped with Marinara. Served with Carrots and Diced Peaches.*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)