

Heart Healthy Diet

MedStar Franklin Square Medical Center

667-416-2245

Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Heart Healthy Diet Menu for MedStar Franklin Square Medical Center.

Your Doctor or Dietitian has prescribed this diet for your health. Our cardiac diet has many great options that are lower in salt and saturated fat to keep your heart healthy. 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 Heart Healthy 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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Heart Healthy Diet

MedStar Franklin Square Medical Center

Breakfast

Hot & Cold Cereals

Cream of Wheat®

Oatmeal

Grits

Cheerios®

Corn Flakes®

Raisin Bran®

Rice Krispies®

Rice Chex®

Entrees

Cage-Free Eggs: *:Scrambled»Cholesterol-Free»Hard»Cooked·*

French Toast

Pancakes: Buttermilk or Blueberry

Sides

Sausage *:Turkey»Link·*

Home Fried Potatoes

English Muffin *:White»Wheat·*

Bagel *:White»Wheat·*

Whole Grain Blueberry Muffin

Greek Yogurt *:Blueberry»Strawberry»Vanilla·*

LF Cottage Cheese

Whole Fruit

Banana

Seasonal Apple

Orange

Chilled Fruit

Fresh Fruit Salad

Diced Pears

Red Grapes

Pineapple Tidbits

Applesauce

Mandarin Oranges

Diced Peaches



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Heart Healthy Diet

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Lunch & Dinner

Hot Entrees & Grill

Herb Baked Chicken Breast

Rotisserie Chicken Quarter

Pot Roast

Lemon Dill Cod

Burgers: ~~All-Beef~~ ~~Burger~~ ~~Turkey~~ ~~Veggie~~

Chicken Breast Sandwich

Falafel Fritters

Deli Sandwiches

Turkey, Roast Beef

Chicken Salad, Tuna Salad

Egg Salad

Entrée Salads

Cottage Cheese Fruit Plate

Pita & Vegetables w/ Hummus

Caesar and Chicken Caesar Salad

Chef Salad (LF)

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Soups, Side Salads & Sides

Soups

Chicken Noodle

Beef Broth

Tomato Basil

Chicken Broth

Vegetable

Vegetable Broth

Side Salads

Garden Side Salad

Carrot & Celery Sticks

Caesar Salad

Salad Dressings

Fat Free Ranch

Diet Italian

Diet French

Vegetables

Green Beans

Baby Carrots

Broccoli Florets

Starches

Mashed Potatoes

Penne Pasta

Steamed Rice :~~White~~»~~Brown~~

Dinner Roll :~~White~~»~~Wheat~~

Corn Muffin

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Desserts

Cookies and Bakery

| | |
|-----------------|-------------------|
| Chocolate Chip | Vanilla Wafers |
| Sugar Cookie | Chocolate Brownie |
| Lorna Doones® | Angel Food Cake |
| Graham Crackers | Pound Cake |
| Oatmeal Raisin | |

Frozen

Ice Cream :*Vanilla»»Chocolate»»Strawberry*
Fruit Ice :*Lemon»»Cherry»»Orange*

Pudding

Vanilla :*Reg»»NSA*
Chocolate :*Reg»»NSA*

Gelatin

Cherry :*Reg»»SF*
Strawberry (Reg)*SF*
Orange :*Reg»»SF*

Whole Fruit

| | |
|--------|----------------|
| Banana | Seasonal Apple |
| Orange | |

Chilled Fruit

| | |
|-------------------|-------------------|
| Fresh Fruit Salad | Diced Pears |
| Red Grapes | Pineapple Tidbits |
| Applesauce | Mandarin Oranges |
| Diced Peaches | |



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Beverages

Juice

Apple
Cranberry
Orange
Grape
Prune

Milk

1%
Fat Free
Low Fat
Chocolate
Lactose Free
Soy

Hot

Coffee :*Regular»»Decaf*
Tea :*Regular»»Decaf*
Hot Chocolate :*Reg»»SF*

Cold

Iced Tea
Lemonade :*Reg»»SF*
Gingerale :*Reg»»Diet*
Lemon Lime Soda :*Reg»»Diet*
Cola Soda :*Reg»»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](#)

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Monday Specials

Breakfast

LC Scrambled Eggs, Oatmeal, & Home Fried Potatoes

Served with a Whole Wheat English Muffin & Applesauce²

Lunch

Ultimate Southwest Burrito

Burrito stuffed with black beans, tomatoes, corn, jalapenos and brown rice. Served with Spanish Rice, Roasted Bell Peppers and Diced Pears²

Chef Salad (LS)

Served with Tomato Florentine Soup and Diced Pears²

Dinner

Seafood Gumbo

Shrimp, Cod, Onions, Carrots and Celery simmered with Rice, Tomatoes and Tabasco. Served with Collard Greens, Corn Muffin and Tropical Fruit Cup²

Herbed Chicken Breast on a Whole Wheat Bun

A Savory Herbed Chicken Breast with Lettuce and Tomato on a Whole Wheat Bun. Served with Collard Greens and Pineapple Tidbits²



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Tuesday Specials

Breakfast

**Buttermilk Pancakes, Cream of Wheat®
and Turkey Sausage Links**

Served with a Banana and Cinnamon Baked

Lunch

Open Faced Roast Beef Sandwich

*Roast Beef served open-faced on White Bread
and Brown Gravy³ Served with Mashed Potatoes⁴
Peas and Carrots and Diced Peaches²*

Fruit and Cottage Cheese Plate

*Served with a Tomato Basil Soup and Peas
and Carrots²*

Dinner

Red Bean Étouffé

*Red Beans in a rich and smoky Cajun Broth⁴
loaded with Carrots⁴ Tomatoes⁴ Aromatic
Garlic⁴ and Peppers² Served with Cauliflower
er⁴ Corn Muffin and Pineapple Tidbits²*

Salisbury Steak

*Braised Chopped Beef Steak topped with
Brown Gravy³ Served with Vegetable Soup⁴
Mashed Potatoes⁴ Cauliflower and Pineapple
Tidbits²*



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Wednesday Specials

Breakfast

LC Scrambled Eggs, Oatmeal & Home Fried Potatoes

Served with Mandarin Orange Sections²

Lunch

Chicken Pot Pie

Crustless Chicken Pot Pie and Vegetables in a Light Gravy³ Served with Green Peas and Diced Pears²

Chef Salad (LF)

Served with Chicken Noodle Soup and Diced Pears²

Dinner

Beef Pot Roast

Slow Roasted Beef Top Round⁴ Herb Roasted Potatoes⁴ Gravy² Baby Carrots served with Applesauce²

Chicken Thigh Cacciatore

Chicken Thighs⁴ Mushrooms and Peppers sauteed with Garlic⁴ finished with Marinara Sauce³ Served with Penne Pasta⁴ Carrots and Applesauce²



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Thursday Specials

Breakfast

French Toast, Oatmeal and LC Scrambled Eggs

Served with Banana²

Lunch

Rustic Penne Marinara

Classic Penne Pasta in Rustic Herbed Marinara Sauce³ Served with Broccoli Florets⁴ and Angel Food Cake²

Tuna Salad on Whole Wheat Bread

Served with Beef and Sweet Peppers Soup⁴ Broccoli and Angel Food Cake²

Dinner

Maple Apple Roasted Turkey

Oven-Roasted Turkey brushed with Maple Apple Glaze³ Served with Roasted Garlic Mashed Potatoes⁴ Green Beans⁴ Peppers⁴ and Tropical Fruit Cup²

Pasta Baked with Beef and Tomatoes

Elbow Macaroni baked with Ground Beef⁴ Marinara and Onions³ Served with Garden Salad⁴ and Tropical Fruit Cup²



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Friday Specials

Breakfast

**Oatmeal, LC Scrambled Eggs and
Turkey Sausage**

*Served with Whole Grain Blueberry Muffin and
Diced Pears²*

Lunch

Citrus and Herb Crusted Salmon

*Citrus Garlic Marinated Salmon Fillet roasted
in a Crispy Citrus Herb Crust² Served
with Barley Rice Pilaf⁴ Garlic Parmesan
Brussels Sprouts and Mandarin Orange
Slices²*

Chicken Caesar Wrap (HALF)

*Served with Minestrone Soup⁴ Garlic Parme-
san Brussels Sprouts and Mandarin Orange
Slices²*

Dinner

Sizzling Sesame Noodle Stir Fry

*Snow Peas⁴ Mushrooms⁴ Celery⁴ Onion⁴ and
Red Pepper with Angel Hair Noodles² Served
with Pineapple Tidbits and Pound Cake²*

Classic Turkey Burger

*Chargrilled Turkey Patty with onion a White
Bun with Lettuce and Tomato² Served with
Green Beans⁴ Pound Cake Slice and Pineap-
ple Tidbits²*



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Saturday Specials

Breakfast

**Cream of Wheat®, LC Scrambled Eggs,
and Home Fried Potatoes**

Served with a Banana²

Lunch

Herb Crusted Pork Loin

*Pork Loin roasted with Honey Mustard and
Herb Rub³ Served with Dijon Roasted Potatoes⁴
Roasted Zucchini and Diced Peaches²*

**Turkey and Cranberry Spread Sandwich
(HALF)**

*Served with Chunky Vegetable and Orzo³
Soup⁴ Roasted Zucchini and Diced Peaches²*

Dinner

Farmers Meatloaf

*Ground Beef and Turkey Loaf with Onions⁴
Celery Pepper and Oats³ Served with
Mashed Potatoes⁴ Corn and Sugar Cookie²*

Chicken Spinach Pasta Casserole

*Penne Pasta with Chicken Breast⁴ Tomato³
Sauce⁴ Spinach⁴ Basil⁴ Oregano and Parmesan³
Served with Green Beans and Sugar
Cookie²*



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Sunday Specials

Breakfast

Apple Cinnamon Oatmeal, LC Scrambled Eggs and English Muffin

Served with Mandarin Orange Sections²

Lunch

BBQ Chicken Breast

Baked Chicken Marinated in Barbeque Sauce⁴ Garlic and Oil³ Served with Oven Roasted Herb Red Potatoes⁴ Corn⁴ Coleslaw⁴ and a Tropical Fruit Cup²

Roast Beef and Cheddar on Rye (HALF)

Served with Mediterranean Vegetable Soup⁴ Coleslaw and Tropical Fruit Cup²

Dinner

Beef Stroganoff

Braised Beef over Egg Noodles³ Served with Egg Noodles⁴ Carrots and Diced Peaches²

Cheese Ravioli

Ravioli stuffed with Ricotta and topped with Marinara³ Served with a Garden Salad⁴ Carrots and Diced Peaches²



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