

# Minced and Moist

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 Minced and Moist (MM5) 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 minced and moist 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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# Minced and Moist

MedStar Franklin Square Medical Center

## Breakfast

### Hot & Cold Cereals

Cream of Wheat®

Oatmeal

## Entrees

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

## Sides

Home Fried Potatoes

Breakfast Sausage (Turkey · Pork)

Vanilla Greek Yogurt

LF Cottage Cheese

## Whole Fruit

Banana

## Chilled Fruit

Applesauce

Diced Peaches

Diced Pears



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# Minced and Moist

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## Grill

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

## Hot Entrees & Grill

Herb Baked Chicken Breast

Salisbury Steak

Hamburger Patty

Turkey Burger Patty

Veggie Burger Patty



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# Minced and Moist

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## Soups & Sides

### Soups

Puree Chicken Noodle  
Tomato  
Beef Broth  
Chicken Broth  
Vegetable Broth

### Vegetables

Green Beans  
Baby Carrots

### Starches

Mashed Potatoes  
Mashed Sweet Potatoes  
Penne Pasta  
Macaroni & Cheese  
Steamed Rice



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## Desserts

### 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)

### 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*)

# Minced and Moist

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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.

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

[Saturday](#)

[Sunday](#)



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# Minced and Moist

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## Monday Specials

### Breakfast

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

*Served with Applesauce.*

### Lunch

#### **Grilled Chicken Breast**

*Served with Mashed Potatoes, Poultry Gravy  
Green Beans and Diced Pears*

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

*Served with Mashed Potatoes, Poultry Gravy  
Green Beans and Diced Pears*

### Dinner

#### **Seafood Gumbo**

*Served with Mashed Potatoes, Carrots and  
Sugar Cookie.*

#### **Grilled Chicken Breast**

*Served with Penne with Poultry Gravy,  
Sliced Carrots and Sugar Cookie.*



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# Minced and Moist

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## Tuesday Specials

### Breakfast

**Scrambled Eggs, Cream of Wheat® & Pork Sausage Patty.**

*Served with Cinnamon Baked Apples*

### Lunch

#### Beef Pot Roast

*Served with Mashed Potatoes, Beef Gravy,  
Carrots and Peach Cobbler*

#### Cottage Cheese and Fruit Plate

*Served with Mashed Potatoes, Beef Gravy,  
Carrots and Peach Cobbler*

### Dinner

#### Red Bean Étouffé (Pureed)

*Served with Steamed Cauliflower and Diced  
Peaches*

#### Salisbury Steak

*Served with Mashed Potatoes, Beef Gravy,  
Steamed Cauliflower and Diced Peaches*



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## Wednesday Specials

### Breakfast

**Scrambled Eggs w/ Veggies, Cream of Wheat® & Home Fried Potatoes with Gravy**

*Served with Diced Pears*

### Lunch

**Grilled Chicken Breast**

*Served with Penne, Poultry Gravy, Green Beans and Chocolate Pudding*

**Egg Salad Cold Plate**

*Served with Penne, Green Beans and Chocolate Pudding*

### Dinner

**Beef Pot Roast**

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

**Chicken Cacciatore**

*Served with Penne, Poultry Gravy, Sliced Carrots and Butter Sugar Cookie.*



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## Thursday Specials

### Breakfast

**Scrambled Eggs, Pork Sausage & Cream of Wheat®**

*Served with Applesauce*

### Lunch

**Rustic Penne Marinara**

*Served with Broccoli Florets and Diced Peaches*

**Tuna Salad Cold Plate**

*Served with Broccoli Florets and Diced Peaches*

### Dinner

**Maple-Apple Roasted Turkey**

*Served with Roasted Garlic Mashed Potatoes, Poultry Gravy, Green Beans, & Chocolate Pudding*

**Beef Macaroni and Tomatoes**

*Served with Green Beans and Chocolate Pudding*



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## Friday Specials

### Breakfast

#### **Scrambled Eggs, Oatmeal, Scrambled Eggs, and Pork Sausage**

*Served with Diced Pears and Whole Grain  
Blueberry Muffin*

### Lunch

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

*Served with Penne with Poultry Gravy,  
Cauliflower and Sugar Cookie*

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

*Served with Penne with Poultry Gravy,  
Cauliflower and Sugar Cookie*

### Dinner

#### **Penne with Marinara Sauce**

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

#### **Citrus Herb Pollock**

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



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# Minced and Moist

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## Saturday Specials

### Breakfast

**Scrambled Eggs w/ Veggies, Cream of Wheat® & Home Fried Potatoes with Gravy**

*Served with Diced Peaches*

### Lunch

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

*Served with Parsley Egg Noodles and Beef Gravy, Cauliflower and Diced Pears*

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

*Served with Parsley Egg Noodles and Beef Gravy, Cauliflower and Diced Pears*

### Dinner

#### **Farmers Meatloaf**

*Traditional Meatloaf with Beef Gravy.  
Served with Mashed Potatoes, Green Beans  
and Sugar Cookie.*

#### **Grilled Chicken Breast**

*Served with Mashed Potatoes and Gravy,  
Green Beans and Sugar Cookie.*



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## Sunday Specials

### Breakfast

**Apple Cinnamon Oatmeal (Pureed),  
Scrambled Eggs and Pork Sausage Patty**

*Served with Diced Pears.*

### Lunch

#### BBQ Chicken Breast

*Served with Mashed Potatoes, Poultry Gravy,  
Carrots and Diced Pears.*

#### Egg Salad Cold Plate

*Served with Mashed Potatoes, Poultry Gravy,  
Carrots and Diced Pears.*

### Dinner

#### Beef Stroganoff

*Served with Egg Noodles, Carrots and Diced  
Peaches.*

#### Cheese Ravioli with Marinara

*Served with Carrots and Diced Peaches.*



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