

Regular 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 Regular Diet Menu for MedStar Franklin Square Medical Center.

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 regular 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/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Regular 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 (Pork Patty · 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



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Regular Diet

MedStar Franklin Square Medical Center

Lunch & Dinner

Hot Entrees & Grill

Herb Baked Chicken Breast

Rotisserie Chicken Quarter

Pot Roast

Lemon Dill Cod

Fried Chicken Tenders

Burgers: (All-Beef Burger · Turkey · Veggie)

Chicken Breast Sandwich

Grilled Cheese

Falafel Fritters

Make-Your-Own Pizza

Deli Sandwiches

Turkey, Roast Beef, Ham

Chicken Salad, Tuna Salad

Egg Salad

Entrée Salads

Cottage Cheese Fruit Plate

Pita & Vegetables w/ Hummus

Caesar and Chicken Caesar Salad

Chef Salad



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Regular Diet

MedStar Franklin Square Medical Center

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

Ranch	Italian
Fat Free Ranch	Diet Italian
French	
Diet French	

Vegetables

Green Beans
Baby Carrots
Broccoli Florets

Starches

Mashed Potatoes
Penne Pasta
Macaroni & Cheese
Steamed Rice (White · Brown)
Dinner Roll (White · Wheat)
Corn Muffin
Potato Chips
Pretzels

Regular Diet

MedStar Franklin Square Medical Center

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	



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Regular Diet

MedStar Franklin Square Medical Center

Beverages

Juice

Apple
Cranberry
Orange
Grape
Prune

Milk

1%
Fat Free
Whole
Low Fat
Chocolate
Lactose Free
Soy

Hot

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

Cold

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

Regular Diet

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/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Regular Diet

MedStar Franklin Square Medical Center

Monday Specials

Breakfast

Scrambled Eggs, Oatmeal, Bacon & Home Fried Potatoes

Served with a Banana Chocolate Chip Muffin & Applesauce.

Lunch

Ultimate Southwest Burrito

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

Chef Salad

Served with Tomato Florentine Soup 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 Sugar Cookie.

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, Corn Muffin and Sugar Cookie.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Regular Diet

MedStar Franklin Square Medical Center

Tuesday Specials

Breakfast

Buttermilk Pancakes, Cream of Wheat® and Turkey Sausage Links

Served with a Banana and Cinnamon Baked Apples.

Lunch

Open Faced Roast Beef Sandwich

Roast Beef served open-faced on White Bread and Brown Gravy. Served with Mashed Potatoes, Peas and Carrots and Peach Cobbler.

Fruit and Cottage Cheese Plate

Served with a Tomato Basil Soup and Peas and Carrots.

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

Braised Chopped Beef Steak topped with Brown Gravy. Served with Vegetable Soup, Mashed Potatoes, Beef Gravy, Cauliflower and Pineapple Tidbits.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Regular Diet

MedStar Franklin Square Medical Center

Room Service x72650

Wednesday Specials

Breakfast

**Scrambled Eggs with Vegetables & Cheese,
Oatmeal & Home Fried Potatoes**

Served with Mandarin Orange Sections.

Lunch

Chicken Pot Pie

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

Egg Salad Sandwich on Wheat

*Served with Chicken Noodle Soup, Garden
Salad and Chocolate Brownie.*

Dinner

Beef Pot Roast

*Slow Roasted Beef Top Round, Herb Roasted
Potatoes, Gravy & Baby 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/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Regular Diet

MedStar Franklin Square Medical Center

Thursday Specials

Breakfast

French Toast, Raisin Bran® & Bacon

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 Chocolate Chip Cookie.

Pasta Baked with Beef and Tomatoes

Elbow Macaroni baked with Ground Beef, Marinara and Onions. Served with a Garden Salad, Green Beans & Peppers and Chocolate Chip Cookie.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Regular Diet

MedStar Franklin Square Medical Center

Friday Specials

Breakfast

Oatmeal, Scrambled Eggs and Turkey Sausage

Served a Whole Grain Blueberry Muffin and 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 Caesar Wrap

Served with Minestrone Soup and Oatmeal Raisin Cookie.

Dinner

Sizzling Sesame Noodle Stir Fry

Snow Peas, Mushrooms, Celery, Onion, and Red Pepper with Angel Hair Noodles. Served with Pineapple Tidbits and Pound Cake.

Turkey Burger with Cheese

Chargrilled Turkey Patty with American Cheese on a White Bun with Lettuce and Tomato. Served with Green Beans, Pound Cake Slice and Pineapple Tidbits.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Regular Diet

MedStar Franklin Square Medical Center

Saturday Specials

Breakfast

Cream of Wheat®, Scrambled Eggs with Veggies and Cheese, and Home Fried Potatoes

Served with a Banana.

Lunch

Herb Crusted Pork Loin

Pork Loin roasted with Honey, Mustard, and Herb Rub. Served with Dijon Roasted Potatoes, Roasted Zucchini and Angel Food Cake.

Turkey and Cranberry Spread Sandwich

Served with Chunky Vegetable and Orzo Soup and Angel Food Cake.

Dinner

Farmers Meatloaf

Ground Beef and Turkey Loaf with Onions, Celery, Pepper and Oats. Served with Mashed Potatoes, Corn and Sugar Cookie.

Chicken Spinach Pasta Casserole

Penne Pasta with Chicken Breast, Tomato Sauce, Spinach, Basil, Oregano and Parmesan. Served with Green Beans and Sugar Cookie.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Regular Diet

MedStar Franklin Square Medical Center

Sunday Specials

Breakfast

Apple Cinnamon Oatmeal, Scrambled Eggs and Bacon

Served with Mandarin Orange Sections and English Muffin.

Lunch

BBQ Chicken Breast

Baked Chicken Marinated in Barbeque Sauce, Garlic and Oil. Served with Oven Roasted Herb Red Potatoes, Corn, Coleslaw and a Tropical Fruit Cup.

Roast Beef and Cheddar on Rye

Served with Mediterranean Vegetable Soup.

Dinner

Beef Stroganoff

Braised Beef over Egg Noodles. Served with Egg Noodles, Carrots and a Chocolate Brownie.

Cheese Ravioli

Ravioli stuffed with Ricotta and topped with Marinara. Served with a Garden Salad and Chocolate Brownie.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)