

Regular Diet

MedStar Franklin Square Medical Center

Room Service x72650

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



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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

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

Orange

Seasonal Apple

Pear

Chilled Fruit

Fresh Fruit Salad

Red Grapes

Applesauce

Diced Peaches

Diced Pears

Pineapple Tidbits

Mandarin Oranges



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Lunch & Dinner

Hot Entrees & Grill

Herb Baked Chicken Breast

Salisbury Steak

Citrus Herb Tilapia

Baked Chicken Tenders

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

Chicken Breast Sandwich

Grilled Cheese

Deli Sandwiches

Turkey

Roast Beef

Chicken Salad

Tuna Salad

Egg Salad

Entrée Salads

Cottage Cheese Fruit Plate

Pita & Vegetables w/ Hummus

Chicken Caesar Salad

Chef Salad



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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

Salad Dressings

Ranch

Italian

Fat Free Ranch

Diet Italian

French

Diet French

Vegetables

Green Beans

Baby Carrots

Starches

Mashed Potatoes

Penne Pasta

Macaroni & Cheese

Steamed Rice (*White · Brown*)

Dinner Roll (*White · Wheat*)

Potato Chips

Pretzels



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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

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	Seasonal Apple
Orange	Pear

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
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*)



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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

Scrambled Eggs, Oatmeal, Bacon & Home Fried Potatoes

Served with a Whole Wheat English Muffin & Applesauce

Lunch

Roasted Turkey Breast

*Carved Boneless Turkey Breast, Mashed Potatoes, Poultry Gravy & Green Beans
Served with Diced Pears*

Chicken Salad Sandwich on Wheat

Served with Broccoli Cheddar Soup

Dinner

Chicken Alfredo

Rotini Pasta Tossed with Chicken and a Rich Alfredo Sauce. Served with a Garden Side Salad, Garlic Bread & a Chocolate Chip Cookie

Roasted Tilapia

*Tilapia Lightly Seasoned and Roasted.
Served with Corn Succotash.*



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Tuesday Specials

Breakfast

**Buttermilk Pancakes, Cream of Wheat® &
Turkey Sausage Links**
Served with a Banana

Lunch

BBQ Chicken

*Grilled BBQ Chicken Breast, White Rice &
Steamed Broccoli. Served with Tropical
Fruit Cup*

Turkey & Swiss Sandwich on Wheat

Served with Mediterranean Vegetable Soup

Dinner

Chicken Pot Pie

*Chicken and Vegetables in a Light Gravy,
Topped with a Flakey Crust. Served with a
Garden Side Salad & Pound Cake*

Salisbury Steak

*Braised Chopped Beef Steak topped with
Brown Gravy. Served with Mashed Potatoes
& Roasted Zucchini*



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Wednesday Specials

Breakfast

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

*Served with a Whole Wheat English Muffin
& Diced Pears*

Lunch

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

*Served with Green Beans, Garden Salad & a
Chocolate Chip Cookie*

Egg Salad Sandwich

Served with Vegetable Soup

Dinner

Beef Pot Roast

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

Pork Carnitas

*Latin Spiced Slow Roasted Pork Shoulder,
Roasted Red Peppers, Steamed White Rice,
& Baja Vegetables*



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Thursday Specials

Breakfast

French Toast, Raisin Bran® & Bacon
Served with a Banana

Lunch

**Savory Rotisserie Bone-in Chicken Leg
and Thigh**

*Oven Roasted Chicken Quarter with Savory
Rotisserie Rub. Served with Cauliflower,
Mashed Sweet Potato, & Vanilla Pudding*

Tuna Salad on Whole Wheat Bun
Served with Chicken Noodle Soup

Dinner

Balsamic Herb-Roasted Turkey

*Carved Balsamic Marinated Turkey Breast,
Traditional Bread Stuffing, Poultry Gravy,
Green Beans, & Diced Peaches*

Baked Ziti with Vegetables

*Baked Pasta Topped with House Made To-
mato Sauce, Cheese, and a Medley of Baby
Carrots, Squash, Mushrooms, and Peppers.
Served with a Garden Salad.*



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Friday Specials

Breakfast

Egg, Potato and Cheese Breakfast Bowl & Oatmeal

Served with Diced Pears.

Lunch

BBQ Beef Sandwich

Hickory Smoked Beef Brisket on a Bun.

Served with Macaroni and Cheese & Creamy Coleslaw

Chicken Caesar Salad

Served with Tomato Basil Soup

Dinner

Chicken Parmesan Fresca

Marinated Grilled Chicken Breast topped with Marinara and Mozzarella Cheese.

Served with Penne Pasta, Steamed Broccoli, & a Chocolate Chip Cookie

Lemon Dill Cod

Cod baked with lemon and dill. Served with Roasted Red Potatoes, Broccoli & Applesauce



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Saturday Specials

Breakfast

**French Toast, Cream of Wheat® & Pork
Sausage Patty**

Served with a Banana

Lunch

Chicken Teriyaki Stir Fry

*Marinated Chicken Tossed with Stir Fried
Vegetables & Teriyaki. Served with Steamed
White Rice & Sponge Cake*

Roast Beef Sandwich on Wheat

Served with Vegetable Soup

Dinner

Farmers Meatloaf

*Traditional Meatloaf with Gravy, Mashed
Potatoes, & Green Beans. Served with a
Chocolate Chip Cookie*

Jerk Chicken Thighs

*Caribbean Style Chicken served with Wild
Rice Pilaf, & Green Beans*



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Sunday Specials

Breakfast

Buttermilk Pancakes, Oatmeal, & Turkey Sausage Links

Served with Diced Pears

Lunch

Traditional Beef Stew

Braised Beef, Potatoes, & Carrots in a Savory Sauce Served with Oven Roasted Zucchini & a Chocolate Brownie

Hummus & Roasted Vegetable Wrap

Served with Seedless Red Grapes, & Mushroom Barley Soup

Dinner

Basil Chicken Breast

Chicken Breast Marinated with Italian Spices. Served with Oven Roasted Potatoes, Roasted Vegetables, & Pineapple Tidbits

Cheese Stuffed Shells

Ricotta Stuffed Shells topped with Marinara and served with a Garden Salad



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