

# Soft and Bite Sized

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 Soft and Bite Sized (SB6) 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 soft and bite sized 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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# Soft and Bite Sized

MedStar Franklin Square Medical Center

## Breakfast

### Hot & Cold Cereals

Cream of Wheat®

Oatmeal

### Entrees

Cage-Free Eggs: *:Scrambled»Cholesterol-Free*

### Sides

Home Fried Potatoes with Gravy

Breakfast Sausage *:Turkey»Pork*

Vanilla Greek Yogurt

LF Cottage Cheese

Whole Grain Blueberry Muffin

### Whole Fruit

Banana

### Chilled Fruit

Applesauce

Diced Peaches

Diced Pears

# Soft and Bite Sized

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## Cold Entrees

Chicken Salad

Egg Salad

Tuna Salad

Fruit and Cottage Cheese Plate

## Hot Entrees & Grill

Herb Baked Chicken Breast

Citrus Pollock

Salisbury Steak

Hamburger Patty

Turkey Burger Patty

Veggie Burger Patty



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# Soft and Bite Sized

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## Soups & Sides

### Soups

Puree Chicken Noodle  
Tomato  
Beef Broth  
Chicken Broth  
Vegetable Broth

### Vegetables

Green Beans  
Baby Carrots  
Broccoli

### Starches

Mashed Potatoes  
Penne Pasta with Gravy  
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

# Soft and Bite Sized

Kitchen x72650

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»»»SF  
Gingerale :Reg»»»Diet  
Lemon Lime Soda :Reg»»»Diet  
Cola Soda :Reg»»»Diet



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# Soft and Bite Sized

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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](#)

[Thursday](#)

[Friday](#)

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## Monday Specials

### Breakfast

**Scrambled Eggs, Oatmeal & Home Fried  
Potatoes with Gravy**

*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 (Pureed)**

*Served with Sliced Carrots, Jasmine Rice and  
Sugar Cookie*

**Grilled Chicken Breast**

*Served with Penne and Poultry Gravy, Sliced  
Carrots and Sugar Cookie<sup>2</sup>*



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# Soft and Bite Sized

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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<sup>4</sup> Sliced Carrots<sup>4</sup>  
Beef Gravy and Peach Cobbler<sup>2</sup>*

**Cottage Cheese and Fruit Plate**

Served with Mashed Potatoes and Sliced Carrots

### Dinner

**Red Bean Gumbo Étouffé (Pureed)**

*Served with Steamed Cauliflower and Diced Peaches*

**Salisbury Steak**

*Served with Mashed Potatoes<sup>4</sup> Beef Gravy<sup>4</sup>  
Steamed Cauliflower and Diced Peaches*



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## Wednesday Specials

### Breakfast

**Scrambled Eggs w/ Veggies, Oatmeal &  
Home Fried Potatoes with Gravy**

*Served with Diced Pears<sup>2</sup>*

### Lunch

**Grilled Chicken Breast**

*Served with Penne and Poultry Gravy<sup>4</sup> Green Beans and Chocolate Pudding<sup>2</sup>*

**Egg Salad Cold Plate**

*Served with Penne and Poultry Gravy<sup>4</sup> Green Beans and Chocolate Pudding<sup>2</sup>*

### Dinner

**Beef Pot Roast**

*Served with Mashed Potatoes and Beef Gravy<sup>4</sup> Carrots and Applesauce<sup>2</sup>*

**Chicken Cacciatore**

*Served with Penne and Poultry Gravy<sup>4</sup> Carrots and Sugar Cookie<sup>2</sup>*



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## Thursday Specials

### Breakfast

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

*Served with Applesauce*

### Lunch

**Rustic Penne Marinara**

*Served with Broccoli and Angel Food Cake<sup>2</sup>*

**Tuna Salad Cold Plate**

*Served with Broccoli and Angel Food Cake<sup>2</sup>*

### Dinner

**Maple Apple Roasted Turkey**

*Served with Roasted Garlic Mashed Potatoes  
with Poultry Gravy, Green Beans and Chocolate  
late Pudding<sup>2</sup>*

**Beef Macaroni and Tomatoes**

*Served with Green Beans and Chocolate  
Pudding<sup>2</sup>*



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## Friday Specials

### Breakfast

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

*Served with Diced Pears and Whole Grain  
Blueberry Muffin<sup>2</sup>*

### Lunch

**Citrus and Herb Crusted Salmon**

*Served with Penne with Poultry Gravy<sup>4</sup>  
Steamed Cauliflower and Sugar Cookie<sup>2</sup>*

**Chicken Salad Cold Plate**

*Served with Penne with Poultry Gravy<sup>4</sup>  
Steamed Cauliflower and Sugar Cookie<sup>2</sup>*

### Dinner

**Penne in Marinara Sauce**

*Served with Broccoli Florets<sup>4</sup> Diced Peaches  
and Pound Cake<sup>2</sup>*

**Citrus Herb Pollock**

*Served with Broccoli Florets<sup>4</sup> Diced Peaches  
and Pound Cake<sup>2</sup>*



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## Saturday Specials

### Breakfast

**Scrambled Eggs with Veggies and Cheese  
Cream of Wheat® and Home Fried  
Potatoes with Gravy**  
*Served with Diced Peaches*

### Lunch

#### Herb Crusted Pork Loin

*Served with Parsley Egg Noodles with Beef  
Gravy Steamed Cauliflower and Angel Food  
Cake<sup>2</sup>*

#### Tuna Salad Cold Plate

*Served with Parsley Egg Noodles with Beef  
Gravy Steamed Cauliflower and Angel Food  
Cake<sup>2</sup>*

### Dinner

#### Farmers Meatloaf

*Served with Mashed Potatoes and Beef  
Gravy Green Beans and Sugar Cookie<sup>2</sup>*

#### Grilled Chicken Breast

*Served with Mashed Potatoes and Poultry  
Gravy Green Beans and Sugar Cookie<sup>2</sup>*



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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<sup>4</sup> Poultry Gravy<sup>4</sup>  
Carrots and Pears<sup>2</sup>*

**Egg Salad Cold Plate**

*Served with Mashed Potatoes<sup>4</sup> Poultry Gravy<sup>4</sup>  
Carrots and Pears<sup>2</sup>*

### Dinner

**Beef Stroganoff**

*Served with Egg Noodles<sup>4</sup> Carrots and Diced  
Peaches<sup>2</sup>*

**Cheese Ravioli with Marinara**

*Served with Carrots and Diced Peaches<sup>2</sup>*



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