

Soft and Bite Sized

Kitchen x72650

MedStar Franklin Square Medical Center

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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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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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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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



QUALITY OF LIFE SERVICES

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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*)



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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](#)

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Monday Specials

Breakfast

Scrambled Eggs, Cream of Wheat®, Turkey Sausage & Home Fried Potatoes

Served with Diced Pears

Lunch

Roasted Turkey Breast

Carved Boneless Turkey Breast, Mashed Potatoes, Poultry Gravy & Green Beans

Served with Diced Pears

Dinner

Chicken Alfredo

Rotini Pasta Tossed with Chicken and a Rich Alfredo Sauce. Served with Green Beans & a Diced Peaches



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Tuesday Specials

Breakfast

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

Served with Applesauce

Lunch

BBQ Chicken

*Grilled BBQ Chicken Breast, Jasmine Rice &
Steamed Broccoli. Served with Applesauce*

Dinner

Crustless Chicken Pot Pie

*Chicken and Vegetables in a Light Gravy.
Served with a California Vegetables & Diced
Peaches*



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Wednesday Specials

Breakfast

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

Served with Diced Pears

Lunch

Penne Pasta with a Classic Tomato Meat Sauce

Served with Green Beans and Diced Peaches

Dinner

Beef Pot Roast

Slow Roasted Beef Top Round, Herb Roasted Potatoes, Gravy & Baby Carrots. Served with Applesauce



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Thursday Specials

Breakfast

Scrambled Eggs & Cream of Wheat®

Served with Diced Pears

Lunch

Herb Baked Chicken Breast

*Herb Baked Chicken Breast served with
Cauliflower, Mashed Sweet Potato & Vanilla
Pudding*

Dinner

Balsamic Herb-Roasted Turkey

*Carved Balsamic Marinated Turkey Breast,
Mashed Potatoes, Green Beans, & Diced
Peaches*



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Friday Specials

Breakfast

**Scrambled Eggs, Cream of Wheat® &
Turkey Sausage Links**

Served with Diced Pears.

Lunch

BBQ Beef

*Hickory Smoked Beef Brisket Served with
Oven Roasted Potatoes, Steamed Broccoli, &
Applesauce*

Dinner

Chicken Parm Fresca

*Grilled Chicken Breast topped with
Marinara and Mozzarella Cheese Served
with Penne Pasta, Steamed Broccoli, & Diced
Pears*



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Saturday Specials

Breakfast

Scrambled Eggs, Cream of Wheat[®], Pork Sausage Patty & Home Fried Potatoes

Served with a Banana

Lunch

Herb Baked Chicken Breast

Herb Baked Chicken Breast served with Jasmine Rice, Carrots & Lemon Fruit Ice

Dinner

Farmers Meatloaf

Traditional Meatloaf with Gravy, Mashed Potatoes, & Green Beans. Served with Chocolate Pudding



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Sunday Specials

Breakfast

**Scrambled Eggs, Pureed Oatmeal, &
Turkey Sausage Links**

Served with Diced Pears

Lunch

Beef Stew

*Braised Beef, Potatoes, & Carrots in a
Savory Sauce Served with Vanilla Pudding*

Dinner

Basil Chicken Breast

*Chicken Breast Marinated with Italian
Spices. Served with Oven Roasted Potatoes,
Carrots, & Diced Pears*



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