

Vegetarian Diet

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 Vegetarian 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 vegetarian 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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Vegetarian 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

Sides

Home Fried Potatoes

English Muffin *:White»Wheat·»*

Bagel *:White»Wheat·»*

Whole Grain Blueberry Muffin

Greek Yogurt *:Blueberry»Strawberry»Vanilla·»*

LF Cottage Cheese

Whole Fruit

Seasonal Apple

Pear

Banana

Chilled Fruit

Fresh Fruit Salad

Red Grapes

Applesauce

Diced Peaches

Diced Pears

Pineapple Tidbits

Mandarin Orange



QUALITY OF LIFE SERVICES

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Vegetarian Diet

MedStar Franklin Square Medical Center

Lunch & Dinner

Hot Entrees & Grill

Lemon Dill Cod
Veggie Burger
Grilled Cheese
Falafel Fritters
Ultimate Southwest Burrito

Deli Sandwiches

Egg Salad
Cheese Sandwich
Hummus Sandwich

Entrée Salads

Cottage Cheese Fruit Plate
Pita & Vegetables w/ Hummus
Caesar Salad

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MedStar Franklin Square Medical Center

Soups, Side Salads & Sides

Soups

Tomato Basil
Vegetable

Vegetable Broth

Side Salads

Garden Side Salad
Carrot & Celery Sticks

Salad Dressings

Ranch
Fat Free Ranch
French
Diet French

Italian
Diet Italian

Vegetables

Green Beans
Baby Carrots
Broccoli

Starches

Mashed Potatoes
Penne Pasta
Macaroni & Cheese
Steamed Rice :~~White~~»~~Brown~~·»
Dinner Roll :~~White~~»~~Wheat~~·»
Potato Chips
Pretzels



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MedStar Franklin Square Medical Center

Kitchen x72650

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 L :*Reg»»NSA*·
Chocolate L :*Reg»»NSA*·

Whole Fruit

Banana	Seasonal Apple
Orange	Pear

Chilled Fruit

Fresh Fruit Salad	Diced Pears
Red Grapes	Pineapple Tidbits
Applesauce	Mandarin Orange
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

Decaf Iced Tea
Lemonade
Ginger Ale :Reg»»Diet
Lemon Lime Soda :Reg»»Diet
Cola Soda :Reg»»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.

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

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Monday Specials

Breakfast

Scrambled Eggs (or Tofu) and Home Fried Potatoes

Served with Oatmeal and Banana Chocolate Chip Muffin²

Lunch

Ultimate Southwest Burrito

Served with Spanish White Rice⁴ Roasted Bell Peppers² Diced Pears²

Dinner

Simple Quinoa Primavera

Served with Collard Greens⁴ Corn Muffin and Sugar Cookie²



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Tuesday Specials

Breakfast

Buttermilk Pancakes and Cinnamon Baked Apples

Served with a Banana and Cream of Wheat²

Lunch

BBQ Tofu

Served with Mashed Potatoes⁴ Peas and Carrots[#] and Peach Cobbler²

Dinner

Red Bean Étouffé

Served with Cauliflower⁴ Pineapple Tidbits[»] and Corn Muffin²

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Wednesday Specials

Breakfast

Scrambled Eggs with Veggies and Cheese

Served with Oatmeal⁴ Home Fries² and Mandarin Oranges²

Lunch

Simple Quinoa Primavera

Served with Green Peas² and Diced Pears²

Dinner

Grilled Zucchini Steak

Served with Steamed White Rice⁴ Roasted Carrots² and Applesauce²

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Thursday Specials

Breakfast

Scrambled Eggs (or Tofu) and French Toast

Served with Raisin Bran and a Banana²

Lunch

Rustic Penne Marinara

*Served with Broccoli Florets⁴ Side Salad and
Angel Food Cake²*

Dinner

Cauliflower Steak

*Served with Roasted Garlic Mashed Potatoes⁴
Green Beans with Red Pepper⁴ and a Choco#
late Chip Cookie²*



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Friday Specials

Breakfast

**Scrambled Eggs (or Tofu) and Whole Grain
Blueberry Muffin**

Served with Oatmeal and Diced Pears²

Lunch

Roasted Tandoori Cauliflower

*Served with Barley Rice Pilaf, Garlic Pepper,
Parmesan Brussels Sprouts and Oatmeal,
Raisin Cookie²*

Dinner

Sizzlin' Vegetable Stir Fry

*Served with Pineapple Tidbits and Pound
Cake²*



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Saturday Specials

Breakfast

Scrambled Eggs with Veggies and Cheese

Served with a Cream of Wheat Home Fried Potatoes and a Banana²

Lunch

Grilled Zucchini Steak

Served with Dijon Roasted Potatoes Roasted Zucchini and Angel Food Cake²

Dinner

Crispy Falafel Fritters

Served with Tzatziki Sauce Steamed White Rice Corn and a Sugar Cookie

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Sunday Specials

Breakfast

Apple Cinnamon Oatmeal and Scrambled Eggs (or Tofu)

Served with an English Muffin, Mandarin Orange Sections²

Lunch

Simple Quinoa Primavera

Served with Oven Roasted Potatoes, Cole Slaw, Corn and a Tropical Fruit Cup²

Dinner

Grilled Zucchini Steak

Served with Brown Rice, Roasted Carrots and Diced Peaches²