

Vegetarian Diet

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 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
Lacto	L	Ovo	O
Pescatarian	P	Vegan	VG



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Breakfast

Hot & Cold Cereals

- | | |
|--------------------|-------------------|
| Cream of Wheat® VG | Corn Flakes® VG |
| Oatmeal VG | Raisin Bran® VG |
| Grits VG | Rice Krispies® VG |
| Cheerios® VG | Rice Chex® VG |

Entrees

Cage-Free Eggs: (*Scrambled · Cholesterol-Free · Hard Cooked*) O

French Toast OL

Pancakes OL

Sides

Home Fried Potatoes VG

English Muffin (*White · Wheat*) VG

Bagel (*White · Wheat*) VG

Whole Grain Blueberry Muffin OL

Greek Yogurt (*Blueberry · Strawberry · Vanilla*) L

LF Cottage Cheese L

Whole Fruit

Seasonal Apple VG

Pear VG

Chilled Fruit

- | | |
|----------------------|----------------------|
| Fresh Fruit Salad VG | Diced Pears VG |
| Red Grapes VG | Pineapple Tidbits VG |
| Applesauce VG | Mandarin Orange VG |
| Diced Peaches VG | |



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Lunch & Dinner

Hot Entrees & Grill

Citrus Herb Tilapia **P**

Veggie Burger **VG**

Grilled Cheese **L**

Deli Sandwiches

Egg Salad **O**

Cheese Sandwich **L**

Hummus Sandwich **VG**

Entrée Salads

Cottage Cheese Fruit Plate **L**

Pita & Vegetables w/ Hummus **L**



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Soups, Side Salads & Sides

Soups

Tomato Basil **L** Vegetable Broth **VG**
Vegetable **VG**

Side Salads

Garden Side Salad **VG**
Carrot & Celery Sticks **VG**

Salad Dressings

Ranch **L** Italian **VG**
Fat Free Ranch **L** Diet Italian **O**
French **O**
Diet French **O**

Vegetables

Green Beans **VG**
Baby Carrots **VG**
Broccoli **VG**

Starches

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



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Desserts

Cookies and Bakery

Chocolate Chip **OL** Vanilla Wafers **O**
Sugar Cookie **OL** Chocolate Brownie **OL**
Lorna Doones® **VG** Angel Food Cake **OL**
Graham Crackers Pound Cake **OL**

Frozen

Ice Cream **L** (*Vanilla · Chocolate ·
Strawberry*)

Pudding

Vanilla **L** (*Reg · NSA*)
Chocolate **L** (*Reg · NSA*)

Whole Fruit

Banana **VG** Seasonal Apple **VG**
Orange **VG** Pear **VG**

Chilled Fruit

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



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Beverages

Juice

Apple VG

Cranberry VG

Orange VG

Grape VG

Prune VG

Milk

1% L

Fat Free L

Whole L

Low Fat Chocolate L

Lactose Free L

Soy VG

Hot

Coffee (*Regular · Decaf*) VG

Tea (*Regular · Decaf*) VG

Hot Chocolate (*Reg · SF*) VG

Cold

Decaf Iced Tea VG

Lemonade

Ginger Ale (*Reg · Diet*) VG

Lemon Lime Soda (*Reg or Diet*) VG

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 VG

Breakfast

Scrambled Tofu & Oatmeal

Served with an English Muffin & Applesauce

Lunch

Malibu Veggie Burger

Served with Steamed White Rice, Green Beans & Diced Pears

Dinner

Hummus Burrito

Served with a Garden Side Salad, Green Beans & Diced Peaches



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Tuesday Specials VG

Breakfast

Scrambled Tofu & Cream of Wheat

Served with an English Muffin & a Banana

Lunch

BBQ Tofu

*Served with Fresh Broccoli Florets,
Steamed White Rice & Tropical Fruit Cup*

Dinner

Quinoa Primavera

*Served with a Garden Side Salad, Cali Mixed
Vegetables & Diced Peaches*



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Wednesday Specials VG

Breakfast

Scrambled Tofu & Oatmeal

Served with an English Muffin & Pears

Lunch

Penne Pasta with Tomato Sauce

Served with Green Beans, Garden Salad & Mandarin Oranges

Dinner

Zucchini Steak

Served with Steamed White Rice & Applesauce



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Thursday Specials VG

Breakfast

Scrambled Tofu & Raisin Bran

Served with a Banana

Lunch

Quinoa Primavera

*Served with Cauliflower, Mashed Sweet
Potato, & Diced Pears*

Dinner

Tofu Fried Rice Stir-Fry

*Served with Garden Salad, Green Beans &
Diced Peaches*



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Friday Specials VG

Breakfast

Scrambled Tofu & Oatmeal

Served with an English Muffin & Pears

Lunch

Hummus Burrito

*Served with Fresh Broccoli Florets &
Applesauce*

Dinner

Malibu Burger Patty

*Served with Penne Pasta, Fresh Broccoli
Florets , & Diced Pears*



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Saturday Specials VG

Breakfast

Scrambled Tofu & Cream of Wheat
Served with a Banana

Lunch

Ginger Tofu & Veg Stir Fry
Served with Pineapple Tidbits

Dinner

BBQ Tofu
Served with Green Beans Lorna Doones®



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Sunday Specials VG

Breakfast

Scrambled Tofu & Oatmeal

Served with an English Muffin & Pears

Lunch

Penne Pasta with Tomato Sauce

Served with Oven Roasted Zucchini & Diced Pears

Dinner

Cauliflower Steak

Served with Steamed White Rice & Pineapple Tidbits



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