### Breakfast

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>LS</td>
<td>Low Sodium</td>
</tr>
<tr>
<td>LF</td>
<td>Low Fat</td>
</tr>
<tr>
<td>NSA</td>
<td>No Sugar Added</td>
</tr>
<tr>
<td>SF</td>
<td>Sugar Free</td>
</tr>
</tbody>
</table>

---

### Lunch/Dinner Entrees

### Dessert

### Sides

### Beverages
Breakfast

Entrees
Scrambled Eggs
French Toast
Buttermilk Pancakes

Create Your Own Omelet
American Cheese  Green Pepper
Cheddar Cheese    Onion
Mozzarella Cheese Tomato
Mushrooms

Sides
Hash Brown Potatoes
Turkey Sausage

Cereal
Cream of Wheat
Oatmeal

Greek Yogurt
Vanilla
Blueberry
Strawberry

Bread
Blueberry Muffin
Lunch/Dinner

Entrees
- Pasta with Meat Sauce
- Herb Baked Chicken Breast
- Macaroni and Cheese
- Roasted Turkey Breast
- Salmon Cake
- Meatloaf
- Braised Beef Pot Roast

From the Grill
- All Beef Hamburger
- Veggie Burger

Create Your Own Deli
- Roast Turkey
- Ham
- Egg Salad
- Tuna Salad
- Chicken Salad
Easy to Chew Diet
MedStar Good Samaritan Hospital
Room Service x2887

**Sides**

**Vegetables**
- Baby Carrots
- Broccoli
- Cauliflower
- Green Beans
- Yellow Squash

**Starches**
- Roasted Potato Wedges
- Mashed Potatoes
- Mashed Sweet Potatoes
- Macaroni and Cheese
- White Rice
- Dinner Roll

**Soups**
- Tomato
- Chicken Noodle
- Garden Vegetable
- Cream of Potato
- Beef Broth
- Chicken Broth
- Vegetable Broth

[Table of contents: Breakfast | Lunch/Dinner Entrees | Sides | Dessert | Beverages]
**Desserts**

**Cookies and Cakes**
- Chocolate Chip Cookie
- Sugar Cookie
- Chocolate Brownie
- Angel Food Cake
- Apple Crisp

**Frozen**
- Chocolate Ice Cream
- Vanilla Ice Cream
- Orange Fruit Ice
- Cherry Fruit Ice
- Lemon Fruit Ice

**Pudding**
- Vanilla Pudding
- Chocolate Pudding

**Fruit**
- Diced Pears
- Diced Peaches
- Applesauce
- Banana
# Beverages

## Juice
- Apple
- Cranberry
- Orange
- Grape
- Prune

## Milk
- 1%
- Fat Free
- Whole
- Chocolate
- Lactose Free
- Soy

## Hot
- Coffee
- Decaf Coffee
- Tea
- Decaf Tea
- Hot Chocolate

## Cold
- Iced Tea
- Lemonade *(Reg or SF)*
- Gingerale *(Reg or Diet)*
- Lemon Lime Soda *(Reg or Diet)*
- Cola Soda *(Reg or Diet)*