

# Regular Diet

MedStar Good Samaritan Hospital  
Room Service x2887

## Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Regular Diet Menu for MedStar Good Samaritan Hospital.

Registered Dietitians worked in partnership with our culinary team to create chef-inspired meals to deliver nutrition that heals.

## How to Place Your Order

When you are ready for your meal, please call x2887 to place your order. Keep in mind, it takes approximately 45 minutes to prepare and deliver.

## Using This Menu

This menu was designed to show you the items available on the regular 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.

### Abbreviation Key

LS	Low Sodium	NSA	No Sugar Added
LF	Low Fat	SF	Sugar Free



[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Soup/Salad/Sandwich](#)

[Dessert](#)

[Beverages](#)

# Regular Diet

MedStar Good Samaritan Hospital

Room Service x2887

## Breakfast

### Entrees

Scrambled Eggs

Hard Cooked Egg

French Toast

Buttermilk Pancakes

### Create Your Own Omelet

Ham

Mushrooms

Bacon

Green Pepper

Sausage

Onion

American Cheese

Tomato

Cheddar Cheese

Spinach

Mozzarella Cheese

### Sides

Hash Brown Potatoes

Bacon

Turkey Bacon

Turkey Sausage

Morningstar Veggie Sausage

Cottage Cheese

### Cereal

Cream of Wheat

Raisin Bran

Oatmeal

Rice Krispies

Cheerios

Rice Chex

Corn Flakes

### Greek Yogurt

### Bread

Vanilla

Bagel

Blueberry

English Muffin

Strawberry

Toast

sodexo

QUALITY OF LIFE SERVICES

[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Soup/Salad/Sandwich](#)

[Dessert](#)

[Beverages](#)

# Regular Diet

MedStar Good Samaritan Hospital  
Room Service x2887

## Lunch/Dinner

### Entrees

Pasta with Meat Sauce  
Herb Baked Chicken Leg Quarter  
Herb Baked Chicken Breast  
Jerk Chicken Thigh  
Macaroni and Cheese  
Roasted Turkey Breast  
Salmon Cake  
Meatloaf  
Braised Beef Pot Roast

### From the Grill

*-Sautéed mushroom and onion available upon request*

All Beef Hamburger	Veggie Burger
Chicken Breast	Turkey Burger

### Create Your Own Quesadilla

*-Served with lettuce, tomato, sour cream and salsa*

Steak	Cheese
Chicken	Veggie

### Create Your Own Stir Fry

*-Served with white rice and stir-fry veggies*

Beef	Veggie
Chicken	Tofu

### Flatbread Pizza

Pepperoni	Green Pepper
Sausage	Tomato
Fresh Mozzarella	Onion
Mushroom	Spinach
Black Olives	

  
QUALITY OF LIFE SERVICES

[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Soup/Salad/Sandwich](#)

[Dessert](#)

[Beverages](#)

# Regular Diet

MedStar Good Samaritan Hospital

Room Service x2887

## Soups, Sandwiches and Salads

### Create Your Own Deli

*Bread Choices: White • Wheat • Rye • Flour Tortilla*

Roast Turkey	Egg Salad
Roast Beef	Tuna Salad
Ham	Chicken Salad
Peanut Butter & Jelly	Hummus

### Entrée Salads

Chef Salad  
Chicken Caesar Salad  
Strawberry Fields Salad  
Fresh Fruit Platter  
Hummus with Pita and Vegetables

### Side Salads

Garden Salad	Cole Slaw
Caesar Salad	Cottage Cheese

### Salad Dressings

Italian	Ranch
Fat Free Italian	Fat Free Ranch
Caesar	French
Balsamic Vinaigrette	Fat Free French

### Soups

Tomato	Beef Broth
Chicken Noodle	Chicken Broth
Garden Vegetable	Vegetable Broth
Cream of Potato	



[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Soup/Salad/Sandwich](#)

[Dessert](#)

[Beverages](#)

# Regular 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  
French Fries  
Macaroni and Cheese  
White Rice

### Compliments

Dinner Roll  
Baked Potato Chips  
Pretzels  
Crackers



[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Soup/Salad/Sandwich](#)

[Dessert](#)

[Beverages](#)

# Regular Diet

MedStar Good Samaritan Hospital  
Room Service x2887

## Desserts

### Cookies and Cakes

Oatmeal Raisin Cookie  
Chocolate Chip Cookie  
Sugar Cookie  
Vanilla Wafers  
Graham Crackers  
Chocolate Brownie  
Angel Food Cake  
Apple Crisp

### Frozen

Chocolate Ice Cream  
Vanilla Ice Cream  
Orange Fruit Ice  
Cherry Fruit Ice  
Lemon Fruit Ice

### Pudding and Gelatin

Vanilla Pudding  
Chocolate Pudding  
Assorted Gelatin Flavors

### Fruit

Apple	Diced Pears
Banana	Diced Peaches
Orange	Pineapple Tidbits
Fresh Fruit Cup	Applesauce



[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Soup/Salad/Sandwich](#)

[Dessert](#)

[Beverages](#)

# Regular Diet

MedStar Good Samaritan Hospital

Room Service x2887

## 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)*



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Soup/Salad/Sandwich](#)

[Dessert](#)

[Beverages](#)