

Cardiac Diet

Kitchen x46424

MedStar Georgetown University Hospital

Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Cardiac Diet Menu for MedStar Georgetown University Hospital.

You Doctor or Dietitian has prescribed this diet for your health. Our cardiac diet has many great options that are lower in salt and fat to keep your heart healthy. 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 cardiac 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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Breakfast

Hot & Cold Cereals

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

Entrees

Low-Cholesterol Scrambled Eggs
French Toast
Pancakes

Sides

MorningStar Veggie Sausage®
Turkey Sausage
Pork Sausage
English Muffin (*White · Wheat*)
Bagel (*White · Wheat*)
Whole Grain Blueberry Muffin
Greek Yogurt (*Blueberry · Strawberry ·
Vanilla*)

Whole Fruit

Banana	Seasonal Apple
Orange	Pear

Chilled Fruit

Fresh Fruit Salad	Diced Pears
Red Grapes	Pineapple Tidbits
Applesauce	Mandarin Oranges
Diced Peaches	


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Lunch & Dinner

Hot Entrees & Grill

Herb Baked Chicken Breast

Salisbury Steak

Citrus Herb Tilapia

Burgers: (*Natural Beef · Cheeseburger ·
Turkey · Veggie*)

Chicken Breast Sandwich

Deli Sandwiches

Turkey

Roast Beef

Chicken Salad

Tuna Salad

Entrée Salads

Cottage Cheese Fruit Plate

Chicken Caesar Salad

Chef Salad



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Soups, Side Salads & Sides

Chicken Noodle

Beef Broth

Tomato Basil

Chicken Broth

Vegetable

Vegetable Broth

Side Salads

Garden Side Salad

Carrot & Celery Sticks

Salad Dressings

Fat Free Italian

Fat Free Ranch

Fat Free French

Vegetables

Green Beans

Baby Carrots

Starches

Mashed Potatoes

Penne Pasta

Macaroni & Cheese

Steamed Rice (*White · Wheat*)

Dinner Roll (*White · Wheat*)



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Desserts

Cookies and Bakery

Oatmeal Raisin	Vanilla Wafers
Chocolate Chip	Angel Food Cake
Sugar	Pound Cake
Lorna Doones®	Graham Crackers

Frozen

Ice Cream (*Vanilla · Chocolate · Strawberry*)
Fruit Ice (*Lemon · Cherry · Orange*)

Pudding

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

Gelatin

Cherry (*Reg · SF*)
Strawberry (*Reg · SF*)
Orange (*Reg · SF*)

Whole Fruit

Banana	Seasonal Apple
Orange	Pear

Chilled Fruit

Fresh Fruit Salad	Diced Pears
Red Grapes	Pineapple Tidbits
Applesauce	Mandarin Oranges
Diced Peaches	


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Beverages

Juice

Apple
Cranberry
Orange
Grape
Prune

Milk

1%
Fat Free
Lactose Free
Soy

Hot

Coffee (*Regular · Decaf*)
Tea (*Regular · Decaf*)

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](#)

[Friday](#)

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Monday Specials

Breakfast

**Low Cholesterol Scrambled Eggs, Oatmeal,
Home Fried Potatoes, & MorningStar®
Veggie Sausage**

*Served with a Toasted Whole Wheat Eng-
lish Muffin, & Unsweetened Applesauce*

Lunch

Roasted Herb Chicken Thigh

*Juicy Chicken Thigh Herb Marinated and
Roasted with Mashed Potatoes, Poultry
Gravy and Green Beans. Served with Diced
Pears*

Dinner

Baked Ziti with Vegetables & Broccoli Florets

*Served with a Garden Side Salad & an
Oatmeal Raisin Cookie.*

Citrus Herb Tilapia

*Tilapia Marinated in a Blend of Orange,
Lemon Juice and Herbs. Served with
White Rice, Fresh Broccoli and Chicken
Noodle Soup.*



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Tuesday Specials

Breakfast

**Buttermilk Pancakes, Cream of Wheat® &
Turkey Sausage Links**

Served with a Banana

Lunch

Pork Carnitas

*Slow Roasted Pork Shoulder with Latin
Spice Blend, Roasted Red Bell Peppers,
Spanish White Rice and Corn. Served with a
Tropical Fruit Cup & Vanilla Pudding.*

Dinner

Crustless Chicken Pot Pie

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



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Wednesday Specials

Breakfast

Low Cholesterol Scrambled Eggs, Oatmeal, & Home Fried Potatoes

Served with a Toasted Whole Wheat English Muffin, & Diced Pears

Lunch

Penne Pasta Served with a Classic Tomato Meat Sauce

*Served with Green Beans, Garden Salad,
and Mandarin Orange Sections.*

Dinner

Beef Pot Roast

*Carved Slow Roasted Beef Top Round,
Mashed Potatoes, Gravy, and Baby Carrots.
Served with Applesauce.*

BBQ Chicken Breast

Marinated Roasted BBQ Chicken Breast.



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Thursday Specials

Breakfast

French Toast, Low Cholesterol Scrambled Eggs and Cream of Wheat.

Served with a Banana

Lunch

Savory Rotisserie Bone-in Chicken Leg and Thigh

Oven Roasted Chicken Quarter with Savory Rub. Served with Cauliflower, Mashed Sweet Potato, and Vanilla Pudding.

Dinner

Crispy Baked Fish

White Fish Coated in Bread Crumbs and Baked Until Crispy Served with Traditional Bread Stuffing, Poultry Gravy, Green Beans and Pineapple Tidbits.

Pasta Baked with Beef & Tomatoes

Elbow Macaroni Baked with Ground Beef, Marinara and Onions. Served with a Garden Salad.



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Friday Specials

Breakfast

Low Cholesterol Scrambled Eggs, Oatmeal & Turkey Sausage Links

Served with a Toasted Whole Wheat English Muffin, & Diced Pears

Lunch

Herb Roast Beef

*Slow Cooked Herb Marinated Beef with Mashed Potatoes, Gravy and Carrots.
Served with Diced Peaches.*

Dinner

Citrus Herb Tilapia

Tilapia Marinated in a Blend of Orange, Lemon Juice and Herbs. Served with Oven Roasted Herb Red Potatoes, Fresh Broccoli and Pineapple Tidbits.



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Saturday Specials

Breakfast

French Toast, & Cream of Wheat® & Home Fried Potatoes

Served with a Banana

Lunch

Basil Chicken Breast

Basil Marinated Chicken Breast, Rice Pilaf with Peppers and California Mixed Vegetables. Served with a Tropical Fruit Cup.

Dinner

Farmers Meatloaf

Traditional Meatloaf with Gravy, Mashed Potatoes and Carrots. Served with Diced Pears.

Chicken Parmesan Fresca

Marinated Grilled Chicken Breast Topped with Marinara and Mozzarella Cheese.



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Sunday Specials

Breakfast

**Buttermilk Pancakes, Oatmeal & Turkey
Sausage Links**

Served with Diced Pears

Lunch

Traditional Beef Stew

*Braised Beef, Potatoes, & Carrots in a
Savory Sauce. Served with Angel Food Cake.*

Dinner

Lemon Sage Chicken Breast

*Chicken Breast Marinated in Oil, Lemon
Juice, Sage and Garlic. Served with Seasoned
Brown Rice, Oregano Green Beans and
Pineapple Tidbits.*



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