

Easy to Chew Diet

MedStar Georgetown University Hospital
Kitchen x46424

Our Promise to You

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

You Doctor has prescribed this diet for your health. 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 easy to chew 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

Entrees

Scrambled Eggs

French Toast

Buttermilk Pancakes

Sides

Hash Brown Potatoes

Turkey Sausage

Blueberry Muffin

Cereal

Cream of Wheat

Oatmeal

Grits

Greek Yogurt

Vanilla

Blueberry

Strawberry



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Lunch/Dinner

Entrees

Herb Baked Chicken Breast
Citrus Herb Tilapia
Salisbury Steak

From the Grill

All Beef Hamburger
Turkey Burger

Create Your Own Deli

Roast Turkey
Ham
Egg Salad
Tuna Salad
Chicken Salad



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Sides

Vegetables

Baby Carrots
Green Beans

Starches

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

Soups

Tomato
Chicken Noodle
Garden Vegetable
Beef Broth
Chicken Broth
Vegetable Broth



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Desserts

Cookies and Cakes

Oatmeal Raisin Cookie
Chocolate Chip Cookie
Sugar Cookie
Chocolate Brownie
Angel Food Cake
Pound Cake

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



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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)*



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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

Breakfast

Scrambled Eggs, Oatmeal & Home Fried Potatoes

Served with a Applesauce (11)

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 Chocolate Pudding

Citrus Herb Tilapia

Tilapia Marinated in a Blend of Orange, Lemon Juice and Herbs. Served with White Rice & Fresh Broccoli.



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Tuesday Specials

Breakfast

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

Served with a Banana

Lunch

Pork Carnitas

*Slow Roasted Pork Shoulder with Latin
Spice Blend, Spanish White Rice and Car-
rots. Served with Vanilla Pudding.*

Dinner

Chicken Pot Pie

*Chicken and Vegetables in a Light Gravy,
Topped with a Flakey Crust. Served with
California Mixed Vegetables & Pound Cake.*



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Wednesday Specials

Breakfast

**Scrambled Eggs w/ Veggies and Cheese,
Oatmeal, & Home Fried Potatoes**

Served with Diced Pears

Lunch

**Penne Pasta Served with a Classic Tomato
Meat Sauce**

*Served with Green Beans, Garden Salad,
and Diced Peaches.*

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, Turkey Sausage and Cream of Wheat[®].

Served with a Banana

Lunch

Herb Baked Chicken Breast

Chicken Breast Seasoned and Baked. 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 Mashed Potatoes, Poultry Gravy, Green Beans and Diced Pears.



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Friday Specials

Breakfast

**Scrambled Eggs, Oatmeal & Turkey
Sausage**

Served with Diced Pears

Lunch

Herb Roast Beef

*Slow Cooked Herb Marinated Beef with
Mashed Potatoes, Gravy and Carrots.
Served with Chocolate Pudding.*

Dinner

Citrus Herb Tilapia

*Tilapia Marinated in a Blend of Orange,
Lemon Juice and Herbs. Served with
Parsley Egg Noodles, Fresh Broccoli and
Applesauce.*



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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 Diced Pears.

Dinner

Farmers Meatloaf

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



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Sunday Specials

Breakfast

**Buttermilk Pancakes, Oatmeal & Turkey
Sausage**

Served with Diced Pears

Lunch

Traditional Beef Stew

*Braised Beef, Potatoes, & Carrots in a
Savory Sauce. Served with Carrots & a
Chocolate Brownie.*

Dinner

Lemon Sage Chicken Breast

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



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