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.

Abbreviation Key

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

Breakfast  Featured Chef Entree  Soup/Sides
Grill/Deli  Dessert  Beverages
**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
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
Breakfast
Soup/Sides
Dessert
Beverages
Featured Chef Entree
Grill/Deli

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
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
**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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**Breakfast**  **Featured Chef Entree**  **Soup/Sides**  **Grill/Deli**  **Dessert**  **Beverages**
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.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday
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
Tuesday Specials

Breakfast
Buttermilk Pancakes, Cream of Wheat® & Turkey Sausage
Served with a Banana

Lunch
Pork Carnitas

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