

# Minced and Moist 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 Minced and Moist 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 minced and moist 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  
Puree Waffle  
Puree Pancake  
Puree French Toast

### Sides

Hash Brown Potatoes

### Cereal

Cream of Wheat  
Pureed Oatmeal

### 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  
Veggie Burger

### From the Deli

Chicken Salad  
Tuna Salad  
Egg Salad



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## Sides

### Vegetables

Baby Carrots  
Green Beans

### Starches

Mashed Potatoes  
Mashed Sweet Potatoes  
Macaroni and Cheese  
White Rice

### Soups

Tomato  
Pureed Chicken Noodle  
Pureed Garden Vegetable  
Beef Broth  
Chicken Broth  
Vegetable Broth



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## Desserts

### 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

### Specialty

Pureed Apple Cobbler  
Pureed Chocolate Mint Patty  
Pureed Lemon Cheesecake  
Pureed Strawberry Cheesecake



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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.

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

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[Sunday](#)



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## Monday Specials

### Breakfast

**Scrambled Eggs, Pureed 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**

*Served with Carrots and Chocolate Pudding*



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## Tuesday Specials

### Breakfast

**Puree Pancakes, Cream of Wheat<sup>®</sup> & Turkey Sausage**

*Served with a Banana*

### Lunch

#### Pork Carnitas

*Slow Roasted Pork Shoulder with Latin Spice Blend, Egg Noodles and Carrots.*

*Served with 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

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

*Served with Diced Pears*

### Lunch

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

*Served with Green Beans and Diced Peaches.*

### Dinner

**Beef Pot Roast**

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

*Served with Applesauce.*



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## Thursday Specials

### Breakfast

**Puree 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 Peaches.*



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## Friday Specials

### Breakfast

**Scrambled Eggs, Pureed 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*

*Egg Noodles, Fresh Broccoli and  
Applesauce.*



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## Saturday Specials

### Breakfast

**Pureed French Toast, & Cream of Wheat®  
& Home Fried Potatoes**  
*Served with a Banana*

### Lunch

**Basil Chicken Breast**  
*Basil Marinated Chicken Breast, Jasmine  
Rice and California Mixed Vegetables.  
Served with Diced Pears.*

### Dinner

**Farmers Meatloaf**  
*Traditional Meatloaf with Gravy, Mashed  
Potatoes and Carrots. Served with  
Chocolate Pudding.*



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## Sunday Specials

### Breakfast

**Pureed Pancakes, Pureed Oatmeal & Turkey Sausage**

*Served with Diced Pears*

### Lunch

**Traditional Beef Stew**

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

### Dinner

**Lemon Sage Chicken Breast**

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



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