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

Breakfast  Featured Chef Entree  Soup/Sides
Grill/Deli  Dessert  Beverages
Minced and Moist Diet
MedStar Georgetown University Hospital
Kitchen x46424

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
Minced and Moist Diet
MedStar Georgetown University Hospital
Kitchen x46424

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
Minced and Moist Diet
MedStar Georgetown University Hospital
Kitchen x46424

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
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
**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)*
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

Saturday

Sunday
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
Tuesday Specials

Breakfast

Puree Pancakes, Cream of Wheat® & 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.
**Minced and Moist Diet**

MedStar Georgetown University Hospital
Kitchen x46424

---

**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.*
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.
**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**  
**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.*
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

Minced and Moist Diet
MedStar Georgetown University Hospital
Kitchen x46424