

Regular 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 Regular Diet Menu for MedStar Georgetown University Hospital.

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 regular diet. You can scroll 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

Cage-Free Eggs: (*Scrambled · Cholesterol-Free · Hard Cooked*)

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*)

Cottage Cheese

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

Baked Chicken Tenders

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

Chicken Breast Sandwich

Grilled Cheese

Deli Sandwiches

Turkey

Roast Beef

Chicken Salad

Tuna Salad

Egg Salad

Entrée Salads

Cottage Cheese Fruit Plate

Pita & Vegetables w/ Hummus

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

Italian

Ranch

Fat Free Italian

Fat Free Ranch

Caesar

French

Balsamic Vinaigrette

Fat Free French

Vegetables

Green Beans

Baby Carrots

Starches

Mashed Potatoes

Penne Pasta

Macaroni & Cheese

Steamed Rice (White · Wheat)

Dinner Roll (White · Wheat)

Potato Chips

Pretzels



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Desserts

Cookies and Bakery

Oatmeal Raisin	Vanilla Wafers
Chocolate Chip	Chocolate Brownie
Sugar	Angel Food Cake
Lorna Doones®	Pound Cake
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
Whole
Low-Fat Chocolate
Lactose Free
Soy

Hot

Coffee (*Regular · Decaf*)
Tea (*Regular · Decaf*)
Hot Chocolate (*Reg · SF*)

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](#)

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Monday Specials

Breakfast

**Old Fashioned Oatmeal, Scrambled Egg,
Home Fried Potato, & Crisp Bacon Slice**

*Served with a Toasted Whole Wheat English
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*

Chicken Salad Sandwich

Served with Beef and Sweet Pepper Soup

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.

Turkey and Swiss on Wheat

Served with Mediterranean Vegetable Soup

Dinner

Chicken Pot Pie

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

Salisbury Steak

Braised Chopped Beef Steak Topped with Brown Gravy. Served with Portobello Mushroom and Barley Soup.



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Wednesday Specials

Breakfast

Scrambled Eggs with Vegetables & Cheese, 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
a Chocolate Chip Cookie.*

Egg Salad on Wheat

Served with Vegetable Soup

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.
Served with Tomato Basil Soup.*



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Thursday Specials

Breakfast

French Toast, Raisin Bran[®], & Crisp Bacon Slice

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.

Tuna Salad on Whole Wheat Bun

Served with Beef and Sweet Pepper Soup

Dinner

Crispy Baked Fish

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

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

Cheese Omelet, Oatmeal & Turkey Sausage Links

*Served with a Whole Grain Blueberry Muffin
& Diced Pears*

Lunch

Herb Roast Beef

*Slow Cooked Herb Marinated Beef with
Mashed Potatoes, Gravy and Carrots. Served
with an Oatmeal Raisin Cookie.*

Chef Salad

Served with Tomato Basil Soup

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 Applesauce.*

BBQ Pulled Pork

*Slow Cooked Pork Shoulder with BBQ Sauce.
Served with Coleslaw, Cornbread and
Applesauce.*



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Saturday Specials

Breakfast

French Toast, & Cream of Wheat[®], Home Fried Potatoes & Crisp Bacon Slice

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.

Roast Beef on Wheat

Served with Vegetable Soup

Dinner

Farmers Meatloaf

Traditional Meatloaf with Gravy, Mashed Potatoes and Carrots. Served with a Chocolate Chip Cookie.

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 Cornbread Muffin, Diced Peaches and a Chocolate Brownie.

Hummus & Roasted Vegetable Wrap

Tortilla, Roast Vegetables, Hummus, Romaine & Iceberg Lettuce and Tomatoes. Served with Seedless Red Grapes & Mediterranean Vegetable Soup.

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.

Cheese Stuffed Shells

Marinara Topped Pasta Shells Stuffed with Ricotta. Served with a Garden Salad.



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