Welcome to the menu viewing system for MedStar Health. You are currently looking at the Soft and Bite Sized Diet Menu for MedStar Georgetown University Hospital. You, the 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 soft and bite sized 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

## Entrees
- Scrambled Eggs
- Puree Waffle
- Puree Pancake
- Puree French Toast

## Sides
- Hash Brown Potatoes

## Cereal
- Cream of Wheat
- Oatmeal

## Greek Yogurt
- Vanilla
- Blueberry
- Strawberry

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Soft and Bite Sized Diet
MedStar Georgetown University Hospital
Kitchen x46424
Soft and Bite Sized Diet
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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
# 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

Breakfast  Featured Chef Entree  Soup/Sides
Grill/Deli   Dessert    Beverages
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
Served with Carrots and Chocolate Pudding
Tuesday Specials

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

Lunch
Pork Carnitas

Dinner
Crustless Chicken Pot Pie
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 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, 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, 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