Welcome to the menu viewing system for MedStar Health. You are currently looking at the Easy to Chew (EC7) Menu for MedStar Harbor Hospital Center. 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**

When you are ready for your meal, please call x2887 to place your order. Keep in mind, it takes approximately 45 minutes to prepare and deliver.

**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.

**Abbreviation Key**

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>LS</td>
<td>Low Sodium</td>
</tr>
<tr>
<td>NSA</td>
<td>No Sugar Added</td>
</tr>
<tr>
<td>LF</td>
<td>Low Fat</td>
</tr>
<tr>
<td>SF</td>
<td>Sugar Free</td>
</tr>
</tbody>
</table>

**Breakfast**

**Lunch/Dinner Entrees**

**Sides**

**Dessert**

**Beverages**
Breakfast

Entrees
- Scrambled Eggs
- French Toast
- Buttermilk Pancakes

Create Your Own Omelet
- American Cheese
- Cheddar Cheese
- Mozzarella Cheese
- Mushrooms
- Green Pepper
- Onion
- Tomato

Sides
- Hash Brown Potatoes
- Turkey Sausage

Cereal
- Cream of Wheat
- Oatmeal

Greek Yogurt
- Vanilla
- Blueberry
- Strawberry

Bread
- Blueberry Muffin
Lunch/Dinner

Entrees
- Pasta with Meat Sauce
- Herb Baked Chicken Breast
- Macaroni and Cheese
- Roasted Turkey Breast
- Salmon Cake
- Meatloaf
- Braised Beef Pot Roast

From the Grill
- All Beef Hamburger
- Veggie Burger

Create Your Own Deli
- Roast Turkey
- Ham
- Egg Salad
- Tuna Salad
- Chicken Salad
Sides

Vegetables
- Baby Carrots
- Broccoli
- Cauliflower
- Green Beans
- Yellow Squash

Starches
- Roasted Potato Wedges
- Mashed Potatoes
- Mashed Sweet Potatoes
- Macaroni and Cheese
- White Rice
- Dinner Roll

Soups
- Tomato
- Chicken Noodle
- Garden Vegetable
- Cream of Potato
- Beef Broth
- Chicken Broth
- Vegetable Broth
Desserts

Cookies and Cakes
Chocolate Chip Cookie
Sugar Cookie
Chocolate Brownie
Angel Food Cake
Apple Crisp

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**  |  **Lunch/Dinner Entrees**  |  **Sides**  
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Dessert  |  Beverages  |  

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