

# Easy to Chew Diet

MedStar Harbor Hospital Center

Room Service x2887

## Our Promise to You

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

LS	Low Sodium	NSA	No Sugar Added
LF	Low Fat	SF	Sugar Free



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# Easy to Chew Diet

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## Breakfast

### Entrees

Scrambled Eggs

French Toast

Buttermilk Pancakes

### Create Your Own Omelet

American Cheese

Green Pepper

Cheddar Cheese

Onion

Mozzarella Cheese

Tomato

Mushrooms

### Sides

Hash Brown Potatoes

Turkey Sausage

### Cereal

Cream of Wheat

Oatmeal

### Greek Yogurt

Vanilla

Blueberry

Strawberry

### Bread

Blueberry Muffin



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## 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



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## 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

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## 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



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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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