Minced and Moist 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 Minced and Moist (MM5) 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 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.

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

sodexo
QUALITY OF LIFE SERVICES

Breakfast  Lunch/Dinner Entrees  Sides
Dessert    Beverages
Breakfast

Entrees
Scrambled Eggs
Puree Waffle
Puree Pancake
Puree French Toast

Sides
Hash Brown Potatoes
Turkey Sausage

Cereal
Cream of Wheat
Pureed Oatmeal

Greek Yogurt
Vanilla
Blueberry
Strawberry
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
- Turkey Burger
- Veggie Burger
# Minced and Moist Diet

**MedStar Harbor Hospital Center**

Room Service x2887

## Sides

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

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

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

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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)