

Regular 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 Regular Diet Menu for MedStar Harbor Hospital Center.

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 regular 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 |



[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Soup/Salad/Sandwich](#)

[Dessert](#)

[Beverages](#)

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Breakfast

Entrees

Scrambled Eggs
Hard Cooked Egg
French Toast
Buttermilk Pancakes

Create Your Own Omelet

| | |
|-------------------|--------------|
| Ham | Mushrooms |
| Bacon | Green Pepper |
| Sausage | Onion |
| American Cheese | Tomato |
| Cheddar Cheese | Spinach |
| Mozzarella Cheese | |

Sides

Hash Brown Potatoes
Bacon
Turkey Bacon
Turkey Sausage
Morningstar Veggie Sausage
Cottage Cheese

Cereal

| | |
|----------------|---------------|
| Cream of Wheat | Raisin Bran |
| Oatmeal | Rice Krispies |
| Cheerios | Rice Chex |
| Corn Flakes | |

Greek Yogurt

Vanilla
Blueberry
Strawberry

Bread

Bagel
English Muffin
Toast


QUALITY OF LIFE SERVICES

[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Soup/Salad/Sandwich](#)

[Dessert](#)

[Beverages](#)

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Lunch/Dinner

Entrees

Pasta with Meat Sauce
Herb Baked Chicken Leg Quarter
Herb Baked Chicken Breast
Jerk Chicken Thigh
Macaroni and Cheese
Roasted Turkey Breast
Salmon Cake
Meatloaf
Braised Beef Pot Roast

From the Grill

-Sautéed mushroom and onion available upon request

| | |
|--------------------|---------------|
| All Beef Hamburger | Veggie Burger |
| Chicken Breast | Turkey Burger |

Create Your Own Quesadilla

-Served with lettuce, tomato, sour cream and salsa

| | |
|---------|--------|
| Steak | Cheese |
| Chicken | Veggie |

Create Your Own Stir Fry

-Served with white rice and stir-fry veggies

| | |
|---------|--------|
| Beef | Veggie |
| Chicken | Tofu |

Flatbread Pizza

| | |
|------------------|--------------|
| Pepperoni | Green Pepper |
| Sausage | Tomato |
| Fresh Mozzarella | Onion |
| Mushroom | Spinach |
| Black Olives | |



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[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Soup/Salad/Sandwich](#)

[Dessert](#)

[Beverages](#)

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Soups, Sandwiches and Salads

Create Your Own Deli

Bread Choices: White • Wheat • Rye • Flour Tortilla

| | |
|-----------------------|---------------|
| Roast Turkey | Egg Salad |
| Roast Beef | Tuna Salad |
| Ham | Chicken Salad |
| Peanut Butter & Jelly | Hummus |

Entrée Salads

Chef Salad
Chicken Caesar Salad
Strawberry Fields Salad
Fresh Fruit Platter
Hummus with Pita and Vegetables

Side Salads

| | |
|--------------|----------------|
| Garden Salad | Cole Slaw |
| Caesar Salad | Cottage Cheese |

Salad Dressings

| | |
|----------------------|-----------------|
| Italian | Ranch |
| Fat Free Italian | Fat Free Ranch |
| Caesar | French |
| Balsamic Vinaigrette | Fat Free French |

Soups

| | |
|------------------|-----------------|
| Tomato | Beef Broth |
| Chicken Noodle | Chicken Broth |
| Garden Vegetable | Vegetable Broth |
| Cream of Potato | |


QUALITY OF LIFE SERVICES

[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Soup/Salad/Sandwich](#)

[Dessert](#)

[Beverages](#)

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Sides

Vegetables

Baby Carrots
Broccoli
Cauliflower
Green Beans
Yellow Squash

Starches

Roasted Potato Wedges
Mashed Potatoes
Mashed Sweet Potatoes
French Fries
Macaroni and Cheese
White Rice

Compliments

Dinner Roll
Baked Potato Chips
Pretzels
Crackers

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Desserts

Cookies and Cakes

Oatmeal Raisin Cookie
Chocolate Chip Cookie
Sugar Cookie
Vanilla Wafers
Graham Crackers
Chocolate Brownie
Angel Food Cake
Apple Crisp

Frozen

Chocolate Ice Cream
Vanilla Ice Cream
Orange Fruit Ice
Cherry Fruit Ice
Lemon Fruit Ice

Pudding and Gelatin

Vanilla Pudding
Chocolate Pudding
Assorted Gelatin Flavors

Fruit

| | |
|-----------------|-------------------|
| Apple | Diced Pears |
| Banana | Diced Peaches |
| Orange | Pineapple Tidbits |
| Fresh Fruit Cup | Applesauce |



[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Soup/Salad/Sandwich](#)

[Dessert](#)

[Beverages](#)

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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)*



[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Soup/Salad/Sandwich](#)

[Dessert](#)

[Beverages](#)