

# Cardiac Diet

MedStar Montgomery Medical Center

Room Service x3463

## Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Cardiac Diet Menu for MedStar Montgomery Medical Center.

You Doctor or Dietitian has prescribed this diet for your health. Our cardiac diet has many great options that are lower in salt and fat to keep your heart healthy. 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 x3463 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 cardiac 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

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



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## Breakfast

### Entrees

Low Cholesterol Scrambled Eggs

French Toast

Buttermilk Pancakes

### Create Your Own Omelet

Turkey Sausage

Green Pepper

Cheddar Cheese

Onion

Mozzarella Cheese

Tomato

Mushrooms

Spinach

### Sides

Hash Brown Potatoes

Turkey Bacon

Turkey Sausage

Morningstar Veggie Sausage

### Cereal

Cream of Wheat

Raisin Bran

Oatmeal

Rice Krispies

Cheerios

Rice Chex

Corn Flakes

### Greek Yogurt

Vanilla

Blueberry

Strawberry

### Bread

Bagel

English Muffin

Toast



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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  
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

Fresh Mozzarella	Tomato
Mushroom	Onion
Black Olives	Spinach
Green Pepper	



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## Soups, Sandwiches and Salads

### Create Your Own Deli

*Bread Choices: White • Wheat • Rye • Flour Tortilla*

Roast Turkey  
Peanut Butter & Jelly

Tuna Salad  
Chicken Salad  
Hummus

### Entrée Salads

Chef Salad  
Chicken Caesar Salad  
Fresh Fruit Platter

### Side Salads

Garden Salad  
Caesar Salad

Cole Slaw

### Salad Dressings

Fat Free Ranch  
Fat Free French  
Fat Free Italian

### Soups

Tomato  
Chicken Noodle  
Garden Vegetable  
Cream of Potato

Beef Broth  
Chicken Broth  
Vegetable Broth



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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

### Compliments

Dinner Roll  
Baked Potato Chips  
Crackers



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## Desserts

### Cookies and Cakes

Oatmeal Raisin Cookie  
Chocolate Chip Cookie  
Sugar Cookie  
Vanilla Wafers  
Graham Crackers  
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



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## Beverages

### Juice

Apple  
Cranberry  
Orange  
Grape  
Prune

### Milk

1%  
Fat Free  
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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