Minced and Moist 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 Minced and Moist (MM5) Menu for MedStar Montgomery Medical 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 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 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
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
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<td>Baby Carrots</td>
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<td>Broccoli</td>
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<td>Cauliflower</td>
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<td>Green Beans</td>
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<td>Yellow Squash</td>
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<td><strong>Soups</strong></td>
<td>Tomato</td>
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<td></td>
<td>Pureed Chicken Noodle</td>
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<td>Pureed Garden Vegetable</td>
<td>Vegetable Broth</td>
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<td>Pureed Cream of Potato</td>
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<td><strong>Breakfast</strong></td>
<td><strong>Lunch/Dinner Entrees</strong></td>
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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

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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)