Our Promise to You
Welcome to the menu viewing system for MedStar Health. You are currently looking at the Soft and Bite Sized (SB6) 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 soft and bite sized 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
# Soft and Bite Sized Diet

MedStar Montgomery Medical Center  
Room Service x3463

## Breakfast

### Entrees
- Scrambled Eggs
- Puree Waffle
- Puree Pancake
- Puree French Toast

### Sides
- Hash Brown Potatoes
- Turkey Sausage
- Blueberry Muffin

### Cereal
- Cream of Wheat
- Pureed Oatmeal

### Greek Yogurt
- Vanilla
- Blueberry
- Strawberry

---

### Beverages
- 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

Breakfast  Lunch/Dinner Entrees  Sides
Dessert  Beverages
Soft and Bite Sized Diet

MedStar Montgomery Medical Center
Room Service x3463

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

Breakfast | Lunch/Dinner Entrees | Sides
---|---|---
Dessert | Beverages |
Soft and Bite Sized Diet
MedStar Montgomery Medical Center
Room Service x3463

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
Sugar Cookie
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)*