

Vegetarian 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 Vegetarian Diet Menu for MedStar Montgomery Medical 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 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 vegetarian 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
Lacto	L	Ovo	O
Pescatarian	P	Vegan	VG



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Breakfast

Hot & Cold Cereals

Cream of Wheat® VG Corn Flakes® VG
Oatmeal VG Raisin Bran® VG
Cheerios® VG Rice Krispies® VG
Rice Chex® VG

Entrees

Scrambled Tofu VG
Cage-Free Eggs: (*Scrambled · Cholesterol-Free · Hard Cooked*) O
French Toast OL
Pancakes OL

Sides

Home Fried Potatoes VG
English Muffin (*White · Wheat*) VG
Bagel (*White · Wheat*) VG
Whole Grain Blueberry Muffin OL
Greek Yogurt (*Blueberry · Strawberry · Vanilla*) L
LF Cottage Cheese L

Whole Fruit

Banana VG Seasonal Apple VG
Orange VG Pear VG

Chilled Fruit

Fresh Fruit Salad VG Diced Pears VG
Red Grapes VG Pineapple Tidbits VG
Applesauce VG Mandarin Orange VG
Diced Peaches VG



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Lunch & Dinner

Hot Entrees & Grill

Salmon Cake **PO**

Veggie Burger **VG**

Grilled Cheese **L**

Penne Pasta with Marinara Sauce **VG**

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Deli Sandwiches

Egg Salad **O**

Tuna Salad **PO**

Cheese Sandwich **L**

Hummus Sandwich **VG**

Entrée Salads

Strawberry Fields Salad **L**

Cottage Cheese Fruit Plate **L**

Pita & Vegetables w/ Hummus **L**

Fresh Fruit Plate **VG**



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Soups, Side Salads & Sides

Soups

Tomato Basil L Vegetable Broth VG
Vegetable VG Cream of Potato O

Side Salads

Garden Side Salad VG
Carrot & Celery Sticks VG

Salad Dressings

Ranch L Italian VG
Fat Free Ranch L Diet Italian O
French O Diet French O

Vegetables

Green Beans VG
Baby Carrots VG
Broccoli VG
Yellow Squash VG
Cauliflower VG

Starches

Mashed Potatoes L
Mashed Sweet Potatoes VG
Potato Wedges VG
French Fries VG
Penne Pasta VG
Macaroni & Cheese L
Steamed Rice (*White · Brown*) VG
Dinner Roll (*White · Wheat*) VG
Potato Chips VG
Pretzels VG



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Desserts

Cookies and Bakery

Chocolate Chip **OL** Vanilla Wafers **O**
Sugar Cookie **OL** Chocolate Brownie **OL**
Lorna Doones® **VG** Angel Food Cake **OL**
Graham Crackers Apple Crisp **L**

Frozen

Ice Cream **L** (*Vanilla · Chocolate · Strawberry*)

Pudding

Vanilla **L** (*Reg · NSA*)
Chocolate **L** (*Reg · NSA*)

Whole Fruit

Banana **VG** Seasonal Apple **VG**
Orange **VG** Pear **VG**

Chilled Fruit

Fresh Fruit Salad **VG** Diced Pears **VG**
Red Grapes **VG** Pineapple Tidbits **VG**
Applesauce **VG** Mandarin Orange **VG**
Diced Peaches **VG**



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Beverages

Juice

- Apple VG
- Cranberry VG
- Orange VG
- Grape VG
- Prune VG

Milk

- 1% L
- Fat Free L
- Whole L
- Low Fat Chocolate L
- Lactose Free L
- Soy VG

Hot

- Coffee (*Regular · Decaf*) VG
- Tea (*Regular · Decaf*) VG
- Hot Chocolate (*Reg · SF*) VG

Cold

- Iced Tea VG
- Lemonade (*Reg or SF*)
- Gingerale (*Reg or Diet*) VG
- Lemon Lime Soda (*Reg or Diet*) VG
- Cola Soda (*Reg or Diet*)



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Chef Specials

We are pleased to provide you with a variety of Chef Specials throughout the week. Please note, these items are only available on the specified meal and day listed. Please click one of the meal links below or scroll down to see the Specials.

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Lunch VG

Monday

Quinoa Primavera

Tuesday

Red Pepper Hummus Wrap

Wednesday

Spinach, Beans and Pasta

Thursday

Grilled Hummus Baguette

Friday

Spaghetti Marinara

Saturday

Spinach Fettuccini with Tomato Basil
Sauce

Sunday

Zesty Italian Sandwich



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Dinner Specials VG

Monday

Whole Wheat Pasta with Fra Diavolo Sauce

Tuesday

Vegan Tortellini

Wednesday

Ginger Tofu and Vegetable Stir Fry

Thursday

Quinoa Primavera

Friday

Tofu Fried Rice

Saturday

Spaghetti Marinara

Sunday

Grilled Hummus Baguette



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