**Our Promise to You**
Welcome to the menu viewing system for MedStar Health. You are currently looking at the Easy to Chew (EC7) Menu for MedStar St. Mary’s Hospital.
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 x7934 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 easy to chew 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

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## Breakfast

### Entrees
- Scrambled Eggs
- French Toast
- Buttermilk Pancakes

### Create Your Own Omelet
- American Cheese
- Cheddar Cheese
- Mozzarella Cheese
- Mushrooms
- Green Pepper
- Onion
- Tomato

### Sides
- Hash Brown Potatoes
- Turkey Sausage

### Cereal
- Cream of Wheat
- Oatmeal

### Greek Yogurt
- Vanilla
- Blueberry
- Strawberry

### Bread
- Blueberry Muffin

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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
Veggie Burger

Create Your Own Deli

Roast Turkey
Ham
Egg Salad
Tuna Salad
Chicken Salad
Easy to Chew Diet
MedStar St Mary's Hospital
Room Service x7934

**Sides**

**Vegetables**
- Baby Carrots
- Broccoli
- Cauliflower
- Green Beans
- Yellow Squash

**Starches**
- Roasted Potato Wedges
- Mashed Potatoes
- Mashed Sweet Potatoes
- Macaroni and Cheese
- White Rice
- Dinner Roll

**Soups**
- Tomato
- Chicken Noodle
- Garden Vegetable
- Cream of Potato
- Beef Broth
- Chicken Broth
- Vegetable Broth

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Dessert

Beverages
Desserts

Cookies and Cakes
Chocolate Chip Cookie
Sugar Cookie
Chocolate Brownie
Angel Food Cake
Apple Crisp

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

Breakfast  Lunch/Dinner Entrees  Sides
  Dessert  Beverages
**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)*

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**Breakfast** | **Lunch/Dinner Entrees** | **Sides**
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**Dessert** | **Beverages** | ---