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 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 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  Lunch/Dinner Entrees  Sides
Dessert  Beverages
## 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

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Minced and Moist Diet
MedStar St. Mary's Hospital
Room Service x7934

Beverages

Dessert
Minced and Moist Diet
MedStar St. Mary's Hospital
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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
Turkey Burger
Veggie Burger

Breakfast | Lunch/Dinner Entrees | Sides
---|---|---
Dessert | Beverages
### Minced and Moist 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

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

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- Room Service x7934
- Minced and Moist Diet
- MedStar St. Mary's Hospital
**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
# 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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**Minced and Moist Diet**

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