Soft and Bite Sized Diet
MedStar St. Mary's Hospital
Room Service x7934

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 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 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

Breakfast   Lunch/Dinner Entrees   Sides
Dessert     Beverages

sodexo
QUALITY OF LIFE SERVICES
# 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

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

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