

Cardiac Diet

MedStar Southern Maryland Hospital Center

Kitchen x4558

Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Cardiac Diet Menu for MedStar Southern Maryland Hospital Center.

You Doctor or Dietitian has prescribed this diet for your health. Our cardiac diet has many great options that are lower in salt and fat to keep your heart healthy. Registered Dietitians worked in partnership with our culinary team to create chef-inspired meals to deliver nutrition that heals.

How to Place Your Order

A host/hostess will make contact with you throughout the day to take your order.

Using This Menu

This menu was designed to show you the items available on the cardiac 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



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Cardiac Diet

MedStar Southern Maryland Hospital Center

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Breakfast

Entrees

Low Cholesterol Scrambled Eggs

French Toast

Buttermilk Pancakes

Create Your Own Omelet

Turkey Sausage

Green Pepper

Cheddar Cheese

Onion

Mozzarella Cheese

Tomato

Mushrooms

Spinach

Sides

Hash Brown Potatoes

Turkey Bacon

Turkey Sausage

Morningstar Veggie Sausage

Cereal

Cream of Wheat

Raisin Bran

Oatmeal

Rice Krispies

Cheerios

Rice Chex

Corn Flakes

Greek Yogurt

Vanilla

Blueberry

Strawberry

Bread

Bagel

English Muffin

Toast



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Lunch/Dinner

Entrees

Pasta with Meat Sauce
Herb Baked Chicken Leg Quarter
Herb Baked Chicken Breast
Jerk Chicken Thigh
Macaroni and Cheese
Roasted Turkey Breast
Salmon Cake
Braised Beef Pot Roast

From the Grill

-Sautéed mushroom and onion available upon request

All Beef Hamburger	Veggie Burger
Chicken Breast	Turkey Burger

Create Your Own Quesadilla

-Served with lettuce, tomato, sour cream and salsa

Steak	Cheese
Chicken	Veggie

Create Your Own Stir Fry

-Served with white rice and stir-fry veggies

Beef	Veggie
Chicken	Tofu

Flatbread Pizza

Fresh Mozzarella	Tomato
Mushroom	Onion
Black Olives	Spinach
Green Pepper	



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Soups, Sandwiches and Salads

Create Your Own Deli

Bread Choices: White • Wheat • Rye • Flour Tortilla

Roast Turkey
Peanut Butter & Jelly
Tuna Salad
Chicken Salad
Hummus

Entrée Salads

Chef Salad
Chicken Caesar Salad
Fresh Fruit Platter

Side Salads

Garden Salad
Caesar Salad
Cole Slaw

Salad Dressings

Fat Free Ranch
Fat Free French
Fat Free Italian

Soups

Tomato
Chicken Noodle
Garden Vegetable
Cream of Potato
Beef Broth
Chicken Broth
Vegetable Broth



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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

Compliments

Dinner Roll
Baked Potato Chips
Crackers



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Desserts

Cookies and Cakes

Oatmeal Raisin Cookie
Chocolate Chip Cookie
Sugar Cookie
Vanilla Wafers
Graham Crackers
Angel Food Cake
Apple Crisp

Frozen

Chocolate Ice Cream
Vanilla Ice Cream
Orange Fruit Ice
Cherry Fruit Ice
Lemon Fruit Ice

Pudding and Gelatin

Vanilla Pudding
Chocolate Pudding
Assorted Gelatin Flavors

Fruit

Apple	Diced Pears
Banana	Diced Peaches
Orange	Pineapple Tidbits
Fresh Fruit Cup	Applesauce



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Beverages

Juice

Apple
Cranberry
Orange
Grape
Prune

Milk

1%
Fat Free
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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