

Easy to Chew 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 Easy to Chew (EC7) Menu for MedStar Southern Maryland Hospital Center.

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

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 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



[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Dessert](#)

[Beverages](#)

Easy to Chew Diet

MedStar Southern Maryland Hospital Center

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Breakfast

Entrees

Scrambled Eggs

French Toast

Buttermilk Pancakes

Create Your Own Omelet

American Cheese

Green Pepper

Cheddar Cheese

Onion

Mozzarella Cheese

Tomato

Mushrooms

Sides

Hash Brown Potatoes

Turkey Sausage

Cereal

Cream of Wheat

Oatmeal

Greek Yogurt

Vanilla

Blueberry

Strawberry

Bread

Blueberry Muffin



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Dessert](#)

[Beverages](#)

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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



[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Dessert](#)

[Beverages](#)

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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
Dinner Roll

Soups

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

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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



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Dessert](#)

[Beverages](#)

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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)*


QUALITY OF LIFE SERVICES

[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Dessert](#)

[Beverages](#)