Our Promise to You
Welcome to the menu viewing system for MedStar Health. You are currently looking at the Easy to Chew (ECT7) 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
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
## 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
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
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
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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MedStar Southern Maryland Hospital Center
Kitchen x4558

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