

# Pureed 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 Pureed Diet 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 pureed 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



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# Pureed Diet

MedStar Southern Maryland Hospital Center

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## Breakfast

### Entrees

Pureed Scrambled Eggs

Puree Waffle

Puree Pancake

Puree French Toast

### Sides

Pureed Bacon

Pureed Sausage

### Cereal

Cream of Wheat

Pureed Oatmeal

### Greek Yogurt

Vanilla

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## Lunch/Dinner

### Entrees

Pureed Chicken  
Pureed Roast Beef  
Pureed Roast Turkey  
Pureed Pork  
Pureed Fish Filet  
Pureed Mac and Cheese

### Vegetables

Pureed Corn  
Pureed Green Beans  
Pureed Peas  
Pureed Broccoli  
Pureed Carrots

### Starches

Mashed Potatoes  
Mashed Sweet Potatoes  
Pureed Rice  
Pureed Pasta

### Soups

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

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## Desserts

### 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

Diced Pears

Diced Peaches

Pineapple Tidbits

Applesauce

### Specialty

Pureed Apple Cobbler

Pureed Chocolate Mint Patty

Pureed Lemon Cheesecake

Pureed Strawberry Cheesecake



QUALITY OF LIFE SERVICES

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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)*



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